

HOUSEHOLD COOKERY

PRACTICAL RECIPES



E. CRICHTON

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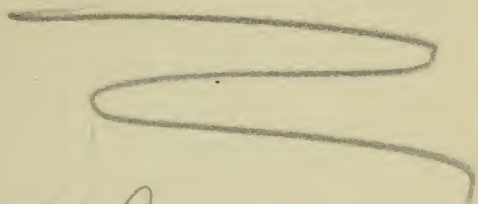
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Can you

Cook



Go fry

You in

HOUSEHOLD COOKERY

HOUSEHOLD COOKERY

PRACTICAL RECIPES

BY

E. CRICHTON

FIRST-CLASS DIPLOMÉE NATIONAL UNION OF SCHOOLS OF COOKERY

LONGMANS, GREEN, AND CO.

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P R E F A C E

It is at the request of many friends and a large number of my pupils, past and present, who have often desired to have a book containing the recipes, etc., used at my classes, that I venture to offer this Cookery Book for publication. A long experience in teaching the subject to all classes of pupils, ranging from the elementary school girl to the student in training, has furnished me with much valuable information as to what is suitable and practical.

If the principles herein given, relating to the preparing and cooking of the various foods, are carefully studied and followed, the success of the most inexperienced is assured.

The proportions given along with the general information will materially assist those who are unable to attend practical classes.

I earnestly trust the little book will prove a real aid to all who use it.

E. CRICHTON.

December 2, 1904.

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HOUSEHOLD COOKERY

METHODS OF COOKING

Roasting is cooking meat before a hot, clear fire. This is considered the most savoury method of cooking.

First weigh the joint; wipe with a damp cloth (do not wash it, as this wastes the juices). Hang the meat quite close to the fire for about 15 minutes, to contract the outer part and harden the albumen near the surface, and so keep in the juices; then draw it back and cook more slowly for the rest of the time, well basting the meat every 10 minutes. (Basting is pouring the fat which runs from the meat over it. This prevents the surface becoming hard and dry.)

For small joints, allow 15 minutes to each pound of beef and mutton, and 15 minutes over; for large joints, 20 minutes to each pound, and 20 minutes over. For veal, pork, and lamb, allow 25 minutes to each pound, and 25 minutes over.

Baking is a similar method of cooking to roasting, the cooking being done in an oven instead of before the fire, the meat being frequently basted.

Time allowed for baking is the same as for roasting.

Boiling is the simplest method of cooking. The meat should be put into fast-boiling salted water, and boiled quickly for 5 or 10 minutes, to cause contraction and harden the albumen, then simmered slowly for the rest of the time.

Temperature of boiling water is 212° Fahr., that of simmering about 180° Fahr.

The same rule as to weight and time applies to boiling as in roasting and baking.

Broiling or *grilling* is cooking on a gridiron over a hot, clear fire. The gridiron must be very clean, the bars heated and well greased before the meat is put on. Cook on both sides

about 1 minute to harden them and keep in the juices, then turn frequently till the meat is done.

A thick chop or steak will take from 10 to 12 minutes to cook, a thin chop or steak from 5 to 7 minutes.

A fork must not be used for turning; this makes holes in the lean part, and the juices run out.

Stewing is cooking meat for a long time in a covered pan or jar with very little liquid added, and is the most economical method of cooking. Hard and tough pieces of meat can be made tender by this process of gentle cooking; nothing is lost, as the goodness is kept either in the meat or gravy. Little heat is required, and very little attention when once the stew has been prepared.

Temperature for stewing, from 160° to 180° Fahr.

Frying is a quick way of cooking meat, but an expensive one, as only the best pieces of meat will be tender when fried.

There are two kinds of frying, dry frying and wet frying.

Dry frying is cooking in a frying-pan in a small quantity of fat, enough only to cover the bottom of the pan, *i.e.* the cooking of liver and bacon, sausages, pancakes, etc. The fat must cease to hiss and bubble, and a faint blue smoke rise from the surface before it is hot enough to use.

Wet frying is cooking in a large quantity of fat, sufficient to quite cover whatever is to be fried. This method is used for frying cutlets, rissoles, fillets of fish, meat, fish-cakes, etc. These must be brushed over with beaten egg and covered with bread crumbs, or dipped in batter.

The heat of fat for frying is from 360° to about 400° Fahr.

A piece of bread thrown in and browning quickly will assure us of the right heat for frying.

Steaming is cooking food by the use of steam, and is considered the lightest method of cooking. There are various ways of steaming. The food may be placed in a steamer (a vessel which has holes in the bottom). This is fitted over a pan of boiling water; the steam rising into the upper vessel thus cooks the food. This is a good way of cooking fish, vegetables, etc.

Puddings made in moulds or basins, the top covered with greased paper, may be placed in a pan of boiling water, the water only coming three parts of the way up the basin, and kept boiling the whole time, more boiling water being added as it

boils away. More time must be allowed for steaming than boiling.

Braising is a form of stewing. Cover the bottom of a stew-pan with a layer of thickly sliced vegetables (onions, carrot, turnip, parsley, etc.). Put in the meat and enough stock or water to just cover the vegetables, put the lid on the pan, and cook gently till the meat is tender. When the meat is cooked, take it from the pan, place on a tin, and put in a hot oven about 10 minutes to brown the outside. Strain the vegetables from the liquid, skim off the fat, and use the liquid for making the gravy to be served with the meat.

RULES FOR CHOOSING MEAT

Beef.—Flesh smooth-grained, deep red in colour, firm, when pressed with the finger leaving no impression. Fat pale yellow or cream colour.

Mutton.—Flesh fine-grained, good red colour. Fat white and hard.

Lamb.—Flesh paler in colour than mutton. Fat white and hard.

Veal.—Flesh fine-grained, pale pink in colour. Fat white and firm.

Pork.—Flesh close-grained, pale pink in colour. Spots of any kind should not be present (these indicate disease). Fat very white.

STOCK

Stock is the foundation of all meat sauces, soups, and purées, and may be prepared either expensively or economically.

It is the liquid in which meat and bones (either cooked or uncooked) have been boiled.

There are various kinds of stock.

1. *First stock*, made by boiling fresh meat and bones.

2. *Second stock*, made by reboiling the meat and bones used for first stock, with water, fresh vegetables, and seasoning added. This stock will become a thick jelly when cold. Owing to longer cooking and a higher temperature much gelatine is extracted, thus making it useful for jellies.

3. *White stock*, made from white meats, such as bones half boiled for brown stock, chicken, veal, cowheel, etc.

4. *Brown stock*, made from brown meats, such as beef, rabbit, etc.

5. *Fish stock*, made from the bones and trimmings of fish.

Stock

2 lbs. meat and bones.

3 pints cold water.

1 carrot.

1 onion.

$\frac{1}{2}$ turnip.

2 or 3 sprigs of parsley.

A small piece of celery.

Sprig of marjoram.

Sprig of thyme.

Bay leaf.

A few peppercorns.

Tea-spoonful of salt.

} Tied in a piece of
muslin.

Method.—Cut up meat, break the bones, put into the water with salt, bring slowly to boil; add vegetables, and simmer for 3 or 4 hours. Strain into a basin, and when cold remove fat from the top.

SOUPS

SOUP is a very useful and wholesome kind of food, as it supplies nourishment in a form which is easily digested and passed into the blood. With attention and a little trouble it may be prepared economically, being made without meat, from nourishing vegetables, such as peas, beans, and lentils, etc.

Soups made from vegetables must have a good proportion of milk or cream added.

Tomato Soup

Half tin of tomatoes.

1 quart of stock or water.

1 carrot, sliced.

1 onion, sliced.

3 cloves.

3 or 4 peppercorns.

Small blade of mace.

1 oz. butter.

1 oz. flour.

$\frac{1}{4}$ pint milk or cream.

1 tea-spoonful salt.

} Tied up in muslin.

Method.—Put tomatoes, with stock or water and vegetables, into a pan, and cook till soft; pour on to a sieve, and rub the pulp through with a wooden spoon. Melt the butter in a pan, mix in flour, add milk or cream, slowly stirring all the time, then add soup, and stir till it boils; put in one or two lumps of sugar, add more seasoning if required, and serve.

Ox-tail Soup

1 ox-tail.	3 pints water or stock.
1 carrot, sliced.	A little celery stalk.
1 onion, sliced.	A bunch of sweet herbs.
1 turnip, sliced.	2 or 3 peppercorns.
2 or 3 cloves.	2 or 3 sprigs of parsley.
1 tea-spoonful salt.	1 oz. butter.
1 oz. flour.	

Method.—Wash the ox-tail and cut into pieces about 1 inch long, put butter into a pan, and when quite hot put in meat and fry a good brown; remove, mix in flour, brown, then add water or stock slowly, and stir till it boils; put in the meat, herbs, and other ingredients, simmer gently till the meat is tender and parts easily from the bone. Skim off the fat, put the meat into a tureen, then pour the soup on to a wire sieve; rub the vegetables through with a wooden spoon, reheat, and pour over the pieces of meat.

Potato Soup

1 lb. potatoes.	1½ pint water.
2 or 3 onions.	½ pint milk.
1 oz. dripping.	1 dessert-spoonful sago.
Salt and pepper to taste.	

Method.—Wash and peel potatoes, cut with onions into thin slices, put them with dripping into a saucepan, and place over gentle heat for about 10 minutes, shaking occasionally to keep them from sticking; add water, and boil till tender. Rub through a sieve with a wooden spoon, put back in the pan, with milk and sago. Boil till sago is transparent, add seasoning, and serve.

Queen Soup

1 quart milk.	2 bay leaves.
1 onion.	1 blade of mace.
2 oz. butter.	1½ oz. cornflour.
Salt and pepper to taste.	A little powdered cinnamon.

Method.—Put milk into a saucepan with onion, bay leaves, and mace. Cover, and set by the fire to simmer, but not boil, for 1 hour, then strain through a sieve. Melt butter in the

pan, mix in the cornflour, and milk, slowly stirring all the time till it boils. Add salt and pepper. Pour into a hot tureen, and sprinkle lightly over the top some powdered cinnamon.

Scotch Broth

2 lbs. brisket or flat rib of beef.	1 carrot.
2 quarts water.	1 turnip.
1 onion.	Bunch of sweet herbs.
Sprig of parsley.	2 tea-spoonfuls salt.
2 oz. barley.	$\frac{1}{2}$ tea-spoonful pepper.
A little cabbage, roughly chopped.	

Method.—Put the meat into a pan with the water and salt, add vegetables, sweet herbs, and just bring to boil ; skim well, and boil gently for $2\frac{1}{2}$ hours ; remove herbs, season to taste, and serve.

(White) Lentil Soup

$\frac{1}{2}$ lb. red lentils.	3 pints water.
1 onion, sliced.	1 carrot, sliced.
2 or 3 sprigs of parsley.	2 or 3 stalks of celery.
1 oz. butter.	1 oz. flour.
$\frac{1}{2}$ pint skimmed milk.	Salt and pepper to taste.

Method.—Wash lentils until clean in cold water, put with water and vegetables into a pan, boil till tender, pour on to a wire sieve, and rub pulp through with a wooden spoon. Melt butter in a pan, mix in flour, add milk slowly, then add soup, and stir till it boils. Season with salt and pepper, and serve.

FISH

FISH is a valuable and wholesome article of food. Though less nourishing and stimulating, it is more easily digested than butchers' meat; it also provides an agreeable change in our diet.

White Fish, such as soles, plaice, whiting, cod, etc., are suitable for invalids, as they are more digestible, though not so nourishing as oily fish.

Salmon, mackerel, eels, fresh herrings, etc., contain oil, and are therefore much stronger and richer food than white fish.

To Choose Fish.—The eyes should be bright, clear, and full, flesh firm and stiff; when pressed with the fingers should leave no impression; gills red. It should have little or no smell.

To Clean Fish.—Remove scales by scraping with a sharp knife from head to tail. Take out the inside, not making too large an opening; wash thoroughly and dry. Fish must not be left in water; this wastes the juices.

To Skin Fish.—In round fish, loosen the skin near the head, and draw skin down from head to tail. In flat fish, cut with a sharp knife across the tail; loosen skin at the edges, then insert the finger and thumb and work up on each side of the fish, using a little salt to prevent it slipping; take the fish in one hand, and with the other draw skin off towards the head.

Fillet fish by cutting down the centre of the back from head to tail; lift the flesh carefully off on each side of the backbone, holding the blade of the knife close to the bone.

Boiled Salmon

A piece of salmon.
Boiling water.

Salt (1 tea-spoonful to each quart).

Method.—Scale and clean the fish, roll in a buttered cloth, place in a pan of boiling salted water. Simmer gently, allowing 8 to 10 minutes for each pound of fish. When done, dish it nicely, garnish with parsley, and serve with lobster, cream, or shrimp sauce. Sliced cucumber should be served with this dish.

Boiled Cod

2 or 3 lbs. of cod.

Salt and vinegar.

Method.—Scale the fish, wash, dry, and rub well with salt. Put into a pan of boiling water, with 1 table-spoonful of salt to 2 quarts of water, and 2 table-spoonfuls of vinegar. Simmer gently, allowing 7 to 10 minutes to each pound of fish. Drain thoroughly, and serve on a folded napkin. Garnish with parsley and cut lemon, serve with lobster or shrimp sauce.

Sole à la Crème

1 sole.
Blade of mace.
1 oz. butter.
 $\frac{3}{4}$ oz. flour.

$\frac{3}{4}$ pint of milk.
Small bay-leaf.
A few drops of lemon-juice.

Method.—Fillet the fish, remove the dark skin, divide the fillets in half lengthways, and roll up or tie each one. Put the bones into a very clean saucepan with the milk, mace, and bay-leaf, and stew gently about 20 minutes, then strain. Melt the butter in the pan, mix in flour, add the strained milk, slowly stirring till it boils, then season. Put the fillets into this sauce and simmer very gently for 15 minutes. Place the fillets on a hot dish, add a few drops of lemon-juice to the sauce, then cover the fillets completely with the sauce. Garnish with cut lemon and stiffly whipped white of egg. Sprinkle over a little finely chopped parsley.

Stewed Eels

1 eel (about 1 lb.).
1 oz. flour.
Small blade of mace.
 $\frac{3}{4}$ pint of water.

1 oz. butter.
1 or 2 sprigs of parsley.
A little lemon-rind.
Salt and pepper.

Method.—Skin the eels, cut into small lengths, fry a light brown in hot butter, add water, parsley, mace, and lemon-rind. Stew gently till the eels are tender, then place them on a hot dish, thicken the sauce with the flour, add salt and pepper, and strain over the fish.

Stuffed and Baked Haddock

1 fresh haddock.
3 or 4 table-spoonfuls bread-crumbs.
1 dessert-spoonful chopped parsley.

2 oz. dripping.
 $\frac{1}{2}$ tea-spoonful sweet herbs.
A little grated lemon-rind.
Salt and pepper.
A little egg or milk.

Method.—Scale the fish, wash and dry it. Make a force-meat of crumbs, parsley, sweet herbs, lemon-rind, salt and pepper; moisten with a little beaten egg. Place inside the fish and sew it up. Truss into shape with a needle and string. Place in a dripping-tin, brush over with egg, cover with crumbs. Add dripping, and bake in a moderate oven about $\frac{1}{2}$ hour, basting frequently. Serve with parsley sauce.

Stuffed Sole

1 sole.
 $\frac{1}{2}$ oz. butter.
A little lemon-juice.
1 egg.
3 or 4 table-spoonfuls bread-crumbs.

1 table-spoonful finely chopped parsley.
A few picked and chopped shrimps.
Salt and pepper to taste.
 $\frac{1}{4}$ tea-spoonful sweet herbs.

Method.—Put bread-crumbs in a bowl, rub in the butter, add other ingredients, mix, then moisten the whole with the egg, well beaten. Skin sole, wash and dry it well, cut down centre of the fish with a sharp knife, and lift the fillets on each-side

the backbone, put the forcemeat inside the hole, lay the fish in a baking-tin, put some pieces of butter on top. Add $\frac{1}{2}$ pint of fish stock or water, and bake in a moderate oven about 30 minutes. Garnish with cut lemon, stiffly whipped white of egg, and chopped parsley.

Fillets of Sole Baked

1 or 2 soles filleted.	1 dessert-spoonful anchovy
1 oz. butter.	essence, or few drops carmine.
$\frac{1}{2}$ pint fish stock, or $\frac{1}{4}$ pint water	A little lemon-juice.
and $\frac{1}{4}$ pint milk.	1 oz. flour.
	Salt and pepper.

Method.—Cut the fillets in two lengthways, roll or fold them, place in a well-buttered baking-tin, sprinkle over a few drops of lemon-juice, salt and pepper, and bake in a moderate oven for 10 or 12 minutes. Melt the butter in a pan, mix in flour, add fish stock or milk and water, slowly stirring till it boils. Add essence, seasoning, and a few drops of lemon-juice. Lift the pieces of fish on to a hot dish, and pour the sauce round. Garnish with cut lemon and fried parsley.

Fried Fish

Skin the fish, wash and dry well, dip in flour or oatmeal, or brush over with beaten egg, and cover it with bread-crumbs. Put some dripping into the frying-pan, enough to cover the bottom of the pan; when quite hot, put in the fish and fry a good brown, then turn it carefully and fry the other side. Place it on paper to absorb the grease; serve on a hot dish.

Fish Cakes

$\frac{1}{2}$ cooked fish.	1 dessert-spoonful chopped
1 oz. butter.	parsley.
1 or 2 eggs.	Salt and pepper.
Bread-crumbs.	Fat for frying.
$\frac{1}{2}$ lb. cooked potatoes.	

Method.—Mash the potatoes, remove skin and bones from the fish, mix fish and potatoes with butter, salt and pepper,

chopped parsley, and a little beaten egg. Form into small cakes on a floured board, brush over with egg, cover with bread-crumbs, and fry a golden brown in hot fat. Drain on paper, place on a hot dish, and garnish with fried parsley.

Pickled Mackerel

1 mackerel.

1 bay-leaf.

Salt and pepper to taste.

1 small onion.

Small blade of mace.

Vinegar and water.

Method.—Wash and clean the fish, cut into nice pieces, place in a pie-dish with the onion, bay-leaf, salt, pepper, and mace. Cover with vinegar and water, tie a piece of paper over the dish, bake in a slow oven till cooked. Dish on a hot dish, and strain over the liquid.

MEAT AND POULTRY

Roast Meat

WIPE the meat with a clean cloth. Place before a hot, clear fire (quite close to the bars) for about 15 minutes; this will harden the albumen and keep in the juices. Draw the meat further from the fire and cook slowly, basting it every 5 or 10 minutes. Allow 15 minutes to each pound of meat, and 15 minutes over.

When the meat is done, place it on a hot dish, and make the gravy by pouring off all the dripping from the tin, leaving only the sediment. Sprinkle over this 1 tea-spoonful of flour, mix, add $\frac{1}{2}$ pint of water or weak stock, and boil up, add salt and pepper. Pour a little round the joint, and serve the rest in a gravy-boat.

Roast Fowl (Stuffed)

Forcemeat

- | | |
|-------------------------------|----------------------------------|
| 3 or 4 table-spoonfuls bread- | $\frac{1}{2}$ grated lemon-rind. |
| crumbs. | 1 egg. |
| 1 oz. finely chopped suet. | Salt and pepper. |
| 1 dessert-spoonful chopped | 1 tea-spoonful sweet herbs. |
| parsley. | |

Method.—Make a forcemeat of the above ingredients, mix with the egg, well beaten, place in the breast of the fowl, and sew down the skin.

To Truss the Fowl.—Turn back the skin of the neck, and fold the wings over the backbone. Run a skewer or trussing-needle through the first joint of the wings, thighs, and body, and bring it out on the opposite side. Tie a piece of string securely round the bottom part of the legs.

To Roast.—Put the fowl into a dripping-tin, cover with well-greased paper, or some slices of fat bacon, and cook in a hot oven, or in front of a hot fire, from $\frac{3}{4}$ to 1 hour, according to size. Baste frequently. When nearly done, remove the paper or bacon, dredge well with flour, and cook for about 15 minutes to brown nicely. Make the gravy by pouring off all the fat from the tin, sprinkle in a tea-spoonful of flour, mix. Add slowly $\frac{1}{2}$ pint of weak stock, or hot water containing a little Liebig's extract, salt and pepper. Boil up, strain round the dish, and serve with bread sauce.

Roast Rabbit

1 rabbit.
1 oz. beef suet.
1 egg, to bind.
Salt and pepper.
4 table-spoonfuls bread-crumbs.

1 dessert - spoonful chopped
parsley.
1 tea-spoonful sweet herbs.
Grated rind of $\frac{1}{2}$ lemon.

Method.—Wipe the rabbit well with a damp cloth, prepare a forcemeat of the above ingredients, place stuffing inside the rabbit, and sew up. Skewer the head well back, and the legs to each side, cover the back with fat bacon, put in a baking-tin, and bake for 1 hour, basting well with butter or dripping. About 15 minutes before it is finished, remove the bacon, dredge the back well with flour, and cook for the rest of the hour. Place on a hot dish, and serve with black-currant jelly and a good brown gravy.

Boiled Fowl

To truss a fowl for boiling, cut off the legs at the first joint, put the finger inside the fowl and loosen the skin all round the leg until the leg can be drawn inside the body (care must be taken, or the skin will split); then tie the legs securely in place with a piece of string. Truss the wings as for roasting, draw the skin of the neck underneath, and fasten with a few stitches. Squeeze some lemon-juice over the fowl, tie up in a buttered cloth, and put in a pan of boiling water. Boil 5 or 10 minutes, then simmer gently for 1 to $1\frac{1}{2}$ hour according to size. When done, put the fowl on a hot dish, and cover entirely with a white sauce made as below.

Melt 1 oz. of butter in a pan, mix in 1 oz. of flour, $\frac{1}{4}$ pint of milk, and rather less than $\frac{1}{4}$ pint of liquid in which fowl was boiled. Stir till it boils, add salt, pepper, and a few drops of lemon-juice, then pour over the fowl. Garnish with yolk of hard-boiled egg rubbed through a sieve. Use also a little parsley with the garnishing.

Stewed Rabbit

1 rabbit.
 $\frac{1}{4}$ lb. fat bacon.
1 pint water.
1 oz. flour.

1 large onion.
2 or 3 cloves.
Salt and pepper.

Method.—Cut the bacon into small squares, fry nicely, remove them from the pan. Cut the rabbit into neat joints and fry in the bacon fat, remove, put in the onion, peeled and sliced, and fry a light brown. Mix in flour, add water, stir slowly till it boils, then put in the rabbit, bacon, salt and pepper, and cook gently about $1\frac{1}{2}$ hour. Place the rabbit neatly on a hot dish and pour the gravy round.

Stuffed Pork

2 or 3 lbs. pork.
 $\frac{1}{2}$ lb. onions.
Seasoning to taste.

3 oz. bread-crumbs.
1 tea-spoonful powdered sage.

Method.—Peel and boil onions till soft, strain, chop finely, mix well with bread-crumbs, sage, and seasoning. Score the skin (this makes the pork easy to carve), insert the stuffing. Place in a tin. Bake in a hot oven, basting frequently. Allow 20 minutes to each pound of meat and 20 minutes over. Place on a hot dish, and make gravy as for beef and mutton. Pour in a gravy-boat. Serve apple sauce with this dish.

Rolled Steak

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| 1 lb. steak. | 1 dessert - spoonful chopped parsley. |
| 2 oz. dripping. | 1 table-spoonful Worcester sauce. |
| 1 carrot. | 1 small onion, finely chopped. |
| Salt and pepper. | 1½ pint stock or water. |
| 1½ oz. flour. | |
| 3 or 4 table-spoonfuls bread-crumbs. | |

Method.—Mix bread-crumbs, parsley, finely chopped onion, salt, and pepper in a bowl. Flatten the steak on a board, spread the mixture over the meat, roll up, and tie with a string. Put the dripping into a pan; when quite hot, put in steak and fry a good brown. Remove it from pan and mix in flour. Add stock or water slowly, stir till it boils. Add carrot, scraped, washed, and thinly sliced, Worcester sauce, salt, and pepper. Put back the meat and stew gently for 2 hours. Put the meat on a hot dish and place some fried onions round it. Serve the gravy in a gravy-boat.

FRIED ONIONS.

Peel and cut into thin slices 3 or 4 Spanish onions; fry in hot fat until tender and a golden brown.

Beef Collops

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| 1 lb. lean beefsteak. | 1 dessert - spoonful chopped parsley. |
| 1 egg. | 1 dessert-spoonful finely chopped onion. |
| Salt and pepper. | 1 oz. flour. |
| 1½ oz. dripping. | ¾ pint water. |
| 2 or 3 table-spoonfuls bread-crumbs. | |

Method.—Mince the meat finely, add to it bread-crumbs, parsley, onion, salt, and pepper, and mix all together with the beaten egg. Form the mixture into cakes on a floured board. Put the dripping into a saucepan, and when quite hot put in the collops and fry a good brown on both sides. Remove from the pan, mix in flour. Add water slowly and stir till it boils, add salt and pepper, put back the meat, and cook very gently for $\frac{3}{4}$ hour. Place the collops on a hot dish, pour the gravy round, and serve with toasted sippets round the dish.

Stewed Steak

1 lb. stewing steak.
1 or 2 onions.
1 carrot.
1 pint cold water.

1 oz. dripping.
1 oz. flour.
1 turnip.
Salt and pepper.

Method.—Put the dripping into a pan, and when quite hot put in the steak, and brown on both sides. Remove; then fry the onions, peeled and sliced. Mix in flour, add water slowly, stir till it boils. Add salt and pepper, also the vegetables, peeled and sliced. Put back the steak and simmer gently for 2 hours. When done, dish the steak, put vegetables on top, and pour the gravy round the dish.

Stuffed and Baked Sheep's Heart

1 sheep's heart.
1 oz. suet, chopped.
1 onion.
Salt and pepper.

2 table-spoonfuls bread-crumbs.
1 tea-spoonful powdered sage.
 $\frac{1}{2}$ tea-spoonful sweet herbs.

Method.—Parboil the onion, chop finely, mix with bread-crumbs, suet, sage, sweet herbs, salt, and pepper. Wash the heart well, steep in cold water about 30 minutes to draw out the blood, then dry it well. Put the stuffing into the cavities, draw the ends together and sew up. Place in a baking-tin with a little dripping, and bake in a hot oven about 1 hour, basting frequently. Serve on a hot dish. Make the gravy as for mutton, and pour round the dish.

Baked Liver and Bacon

$\frac{1}{3}$ lb. calf's liver.
 $\frac{1}{4}$ lb. fat bacon.
1 small onion (finely chopped).
 $\frac{1}{2}$ pint water.

1 dessert-spoonful chopped parsley.
1 tea-spoonful sweet herbs.
3 oz. bread-crumbs.
Salt and pepper to taste.

Method.—Mix bread-crumbs, chopped onion, parsley, sweet herbs, salt, and pepper together. Cut the liver into thin slices, wash and dry well, then put them in a well-greased dripping-tin. Cover each slice of liver with the seasoned bread-crumbs,

and lay on each a strip of bacon. Pour $\frac{1}{2}$ pint of water round the liver, and bake in a moderate oven about 40 minutes. When done, place carefully on a hot dish, and pour the gravy round.

Mutton Cutlets

1 lb. best end neck of mutton.	Some bread-crumbs.
1 egg.	Some fat for frying.
Salt and pepper.	

Method.—Divide meat into cutlets. Scrape the bone at the top about $\frac{1}{2}$ inch down, cut off the fat and trim neatly. Brush over with well-beaten egg, cover with bread-crumbs seasoned with salt and pepper. Fry in hot fat 6 or 8 minutes. Drain on paper. Dish the cutlets in a ring on a hot dish, with tomato sauce poured in the centre, or served in a sauce tureen.

Mutton Steaks

1 or 2 slices cut from a leg of mutton.	Salt and pepper.
1 table-spoonful Worcester sauce.	1 tea-spoonful lemon-juice.
	1 oz. butter.
	1 table-spoonful of parsley.

Method.—Mix butter, parsley, salt, pepper, and lemon-juice together. Broil or grill the steaks over a hot fire, turning them frequently with a knife and spoon. Dish the steaks, place pieces of the seasoned butter on top, put Worcester sauce and a piece of butter on the dish. Melt in the oven, and serve very hot.

Stewed Scrag-end of Neck of Lamb

1 lb. neck of lamb.	2 small onions.
2 or 3 young carrots.	$\frac{1}{2}$ pint of peas.
1 blade of mace.	1 oz. flour.
Salt and pepper.	

Method.—Cut the meat into neat pieces, put into a saucepan with sufficient cold water to cover it. Boil, skim carefully,

and stew gently for 1 hour ; then add peas, carrots, and onions, sliced or cut into dice. Add flour mixed with a little cold water. Season. Cook again for 30 minutes, and serve on a hot dish.

Stewed Kidneys

2 or 3 sheep's kidneys.

1 oz. butter.

1 tea-spoonful flour.

Salt and pepper.

A little finely chopped onion.

1 dessert-spoonful chopped parsley.

$\frac{1}{4}$ pint weak stock or water.

Method.—Skin the kidneys, cut into slices ; mix parsley, onion, salt, and pepper on a plate, and dip each piece of kidney into the seasoning. Put the butter into a pan, make quite hot, then put in the pieces of kidney and fry on both sides. Remove from the pan, mix in flour, add stock or water, boil up well ; then put in the kidney, and simmer very gently for 5 or 10 minutes. Place on a hot dish, and pour the gravy over.

Beef Steak with Tomato Sauce

1 lb. beef steak.

2 small onions.

1 oz. dripping.

Salt and pepper.

$\frac{1}{2}$ tin of tomatoes.

$\frac{1}{2}$ pint water.

1 oz. flour.

Some mashed potatoes.

Method.—Cut the steak into neat pieces, peel and slice the onions. Put the dripping in a saucepan ; when quite hot, put in the steak and fry a good brown on both sides. Remove from pan and fry the onions well ; mix in flour, add water, tomatoes, salt, and pepper, and bring to boil. Put the meat back in the pan, and simmer gently $1\frac{1}{2}$ hour. Place the mashed potatoes in the centre of a hot dish, and arrange the pieces of meat round. Rub tomatoes and onions through a sieve ; reheat, and pour round the dish.

Breast of Mutton Boned and Stuffed

Breast of mutton.

1 oz. flour.

1½ oz. dripping.

1 egg.

1 pint water.

Salt and pepper.

4 table-spoonfuls bread-crumbs.

1 table-spoonful chopped parsley.

1 table-spoonful finely chopped suet.

½ tea-spoonful sweet herbs.

1 or 2 onions, peeled and sliced.

Method.—Remove the bones from the breast, lay the meat flat on the board, and beat well with a large knife or rolling-pin. Make a forcemeat of bread-crumbs, suet, parsley, sweet herbs, salt, and pepper, and bind with the beaten egg. Spread this over the breast, roll up, and tie it well with string. Put dripping in pan ; when quite hot, put in meat and brown lightly. Remove from the pan, then add onions, and fry a good brown. Mix in flour, add the water slowly, stir till it boils, add salt and pepper, put in the meat, and cook very slowly about 1½ hour. When done, place the meat on a hot dish, strain over it a little of the gravy, and serve the remainder in a tureen.

Savoury Chops

1 lb. mutton chops from best
end of neck.

2 large onions.

¾ pint cold water.

Salt and pepper.

1 tea-spoonful powdered sage.

1 table-spoonful flour.

Method.—Sprinkle a little flour over the bottom of a dripping-tin, lay in the chops, cover with the onions, thinly sliced, then sprinkle over the sage, with rest of flour, salt, and pepper. Pour the water into the tin, cover with an old plate, and bake in a moderate oven about 1 hour, stirring occasionally. About 15 minutes before they are done remove the plate, to allow the onions, etc., to brown. Place the chops on a hot dish, put the onions on top, and pour the gravy round

VEGETABLES

VEGETABLES should form a part of our daily food, as they contain salts or mineral foods, which are essential to health. In choosing vegetables, care should be taken that they are crisp and firm, with no faded leaves, otherwise they are not fresh.

Vegetables can be prepared in various ways. They must be well washed in cold water, and allowed to stand in salt and water (to remove slugs and insects) until cooked.

All green vegetables, such as cabbages, cauliflowers, sprouts, etc., must be put into boiling salted water, and boiled fast with the pan-lid off.

Allow 1 tea-spoonful of salt to each quart of water.

Root vegetables, such as carrots, turnips, etc., must be boiled slowly with the pan-lid on.

Soda should not be used. This makes the vegetables soft. Brown sugar may be used instead, 1 tea-spoonful to each quart of water. Peas should be put into boiling water, with a little sugar and no salt, and boiled gently with the pan-lid off. A few sprigs of mint boiled with them helps to develop the flavour.

Water in which vegetables have been boiled should be poured outside, and not down the sink.

To Boil Potatoes

Wash the potatoes, peel thinly, put into cold water till wanted. Cut into equal sizes, put into a pan with enough boiling water to cover them, add salt, and boil gently till soft. Strain, dry over the fire with the lid off, shaking occasionally.

Baked Potatoes (with skin on)

Wash till quite clean, dry well, put into a hot oven for about 1 hour, or until the skins crack. Serve with butter, salt, and pepper.

Boiled Onions and White Sauce

1 lb. of onions.

1 oz. flour.

$\frac{1}{4}$ pint water.

1 oz. butter.

$\frac{1}{4}$ pint milk.

Salt and pepper.

Method.—Peel the onions, put into cold water, boil, strain, put again into boiling water, and boil till quite soft. Drain, and place on a hot dish.

Sauce.—Melt butter, mix in flour, add milk and water slowly, stir till it boils; add salt and pepper, and pour over the onions.

Boiled Cauliflower

Wash the cauliflower and put it to soak in salt and water for 1 hour, to draw out any insects. Put it into a pan of boiling water, flower downwards, with 1 table-spoonful of salt and 1 dessert-spoonful of brown sugar added, and boil without lid from 20 to 30 minutes. Drain off the water, put in a hot vegetable tureen, cover with white sauce, and serve.

To Boil Asparagus

Choose asparagus with heads the same size, scrape the white part, and tie in bundles. Put in boiling salted water with 1 table-spoonful brown sugar, and boil slowly till the heads are soft (about 15 or 20 minutes). Lay them in a hot tureen and cover with white sauce. A better way to cook asparagus is to tie them in bundles and stand them upright in a pan of boiling water, not letting the water touch the green part. Steaming them in this way prevents the green being over-cooked before the white part.

Brussels Sprouts

Cut off all the faded leaves and let them stand for some time in salt and water. Put into fast-boiling water with 1 tea-spoonful of salt and $\frac{1}{2}$ tea-spoonful of brown sugar to each quart of water. Boil fast, with lid off, till done. Serve in a hot tureen, with a little butter, salt, and pepper added.

Carrots à la Crème

Scrape and wash well some small young carrots. Put into a pan of boiling salted water, and boil till soft with lid off. Drain, put them into a hot tureen, and cover with cream sauce.

Green Peas

Shell peas, throw them in boiling water, with 1 tea-spoonful brown sugar to each quart of water. Boil, with lid off, till tender. When done, drain, add a little butter, salt, and pepper. Serve at once in a hot tureen.

Stuffed Spanish Onions

5 or 6 medium-sized Spanish onions.	A few drops of lemon-juice.
2 oz. finely chopped ham.	1 oz. butter.
3 or 4 oz. bread-crumbs.	Seasoning.

Method.—Mix the bread-crumbs, ham, lemon-juice, and seasoning well together. Peel the onions, boil till soft, but not broken. When done, remove from the pan, and quickly take out the centre from each. Fill the cavity with bread-crumbs, etc. Put the onions in a tin, scatter bread-crumbs over the top, put a piece of butter on each, and bake in a steady oven for 30 minutes. Serve on a hot dish, with some thick brown gravy poured round the onions.

COLD-MEAT COOKERY

THE capabilities of a good cook are often tested by her powers of reheating cooked meat. There should, however, not be much difficulty about it, if a few principles are understood. Attend carefully to the following principles, and success is assured :—

First.—All reheated dishes require good seasoning.

Second.—A good, well-flavoured sauce or gravy is necessary.

Third.—Gravy or sauce should be allowed to cool before putting in the meat.

Fourth.—Very gentle cooking after the meat is put into the gravy or sauce.

Hashed Beef

Some thin slices of cold beef.	Salt and pepper.
1 table-spoonful Worcester sauce.	1 oz. dripping.
$\frac{3}{4}$ pint stock or water.	1 oz. flour.
1 large tomato.	1 small carrot.
	1 onion.

Method.—Put the dripping into a pan, and when quite hot put in onion, sliced, and fry a nice brown. Mix in flour. Add stock or water slowly, and stir till it boils; then add tomato and carrot, cut up or sliced, Worcester sauce, salt, pepper, and cook about 40 minutes. Allow it to cool, then put in the meat and simmer gently (not boil) 30 minutes. Place the meat on a hot dish and strain the gravy over. Garnish with toasted or fried sippets and parsley.

Rissoles

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| $\frac{1}{2}$ lb. cold minced meat. | 1 dessert-spoonful chopped parsley. |
| $\frac{1}{4}$ lb. mashed potatoes. | 1 dessert-spoonful tomato sauce. |
| 1 oz. butter. | $\frac{1}{4}$ pint weak stock or water. |
| 1 oz. flour. | 1 egg. |
| Some bread-crumbs. | |
| Salt and pepper. | |

Method.—Mix meat, potatoes, and parsley in a bowl; melt butter in a pan, mix in flour, add stock, sauce, and seasoning, stir well; add this to the potatoes and meat, and mix well. Flour the hands, form the mixture into small balls. Brush well over with beaten egg, toss into bread-crumbs, put in a basket, and fry a golden brown in deep, hot fat. Drain on soft paper; arrange on a hot dish, and garnish with parsley.

Durham Cutlets

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| $\frac{1}{2}$ lb. cold minced beef. | 1 dessert-spoonful Worcester sauce, or |
| $\frac{1}{2}$ lb. bread-crumbs. | 1 dessert-spoonful tomato sauce. |
| 1 oz. flour. | $\frac{1}{4}$ pint weak stock, or |
| 1 oz. butter. | $\frac{1}{4}$ pint water with $\frac{1}{2}$ tea-spoonful of Liebig's extract added. |
| 1 egg. | |
| Salt and pepper. | |

Method.—Melt the butter in a saucepan, mix in flour, add slowly the stock or water, stir till it boils. Add sauces, salt, pepper, and 4 table-spoonfuls of bread-crumbs, mix well together. Spread on a large dinner-plate and set aside to cool. Divide the mixture into 8 or 12 parts, form each part into the shape of a cutlet. Brush well over with beaten egg, cover with bread-crumbs, place in a frying-basket, and fry a golden brown in hot fat. Drain on kitchen paper. Put a piece of macaroni in the thin end of each cutlet to represent a bone. Arrange on a hot dish, and garnish with parsley.

Meat Moulds

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| $\frac{1}{2}$ lb. cooked meat finely minced. | 1 table-spoonful tomato sauce. |
| 1 table-spoonful chopped parsley. | $\frac{1}{4}$ pint good stock. |
| 1 table-spoonful chopped capers. | A few drops lemon-juice. |
| 2 table-spoonfuls bread-crumbs. | 1 egg. |
| | Salt and pepper. |

Method.—Mix all the ingredients well together, lastly add the beaten egg. Three parts fill some small buttered moulds (or 1 large mould) with the mixture. Cover with greased paper, and steam from 20 to 30 minutes. Turn out on to a hot dish and pour some good gravy round. For the stock, boil the bones and scraps from the meat, and make the gravy in the usual way.

Veal Cake

1 lb. cooked veal.
 $\frac{1}{2}$ lb. cooked ham.
 2 hard-boiled eggs.
 1 pint good stock.
 Seasoning of mace.

1 tea-spoonful lemon-juice.
 $\frac{1}{2}$ tea-spoonful tarragon vinegar.
 1 dessert-spoonful chopped parsley.
 Salt and pepper.

Method.—Remove all skin and fat from veal and ham. Grease a plain mould, put in layers of egg, veal, and ham, previously cut into thin slices, with parsley, salt, pepper, and mace between each layer, until the mould is nearly full. Flavour the stock with the vinegar and lemon-juice, pour in sufficient to quite cover the meat. Cover with a greased paper, and bake in a moderate oven about 1 hour. When cold, turn out on a dish and garnish with parsley.

Shepherd's Pie

Some cold cooked meat.
 Some boiled potatoes.
 1 oz. butter.
 $\frac{1}{2}$ oz. flour.

1 carrot.
 1 onion.
 1 tomato.
 Pepper and salt.

Method.—Cut the meat into neat slices. Put bones and scraps in a pan with the vegetables, sliced; add a little water, and cook about $\frac{1}{2}$ hour. Remove bones and scraps; add flour mixed with a little cold water, salt, and pepper, and boil up. Allow it to cool, put in meat, simmer very gently for 15 minutes, then pour into a pie-dish. Mash potatoes; add butter and a little milk. Cover gravy and meat with the potatoes; pile some in the centre. Mark neatly with a fork. Place in a hot oven about 20 minutes.

Chicken Croquettes.

Some cold cooked chicken.	1 oz. butter.
Some cold cooked ham.	1 oz. flour.
$\frac{1}{4}$ pint stock.	Salt and pepper.
Some short pastry.	

Method.—Mince the chicken and ham finely. Melt the butter in a pan, mix in flour, add stock (made from chicken bones), stir well, then season. Cool, add the minced meat, and mix well. Roll the pastry out thinly, cut into rounds with a cutter; put a spoonful of the mixture in centre of each round of pastry, lightly wet the edges, fold one side over the other, and press the edges together. Brush each over with beaten egg, cover with bread-crumbs, and fry a golden brown in hot fat. Drain on paper. Serve hot, and garnish with parsley.

SAVOURIES

Anchovy Savoury

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| 4 anchovies. | Some hot buttered toast or fried |
| 1 oz. butter. | bread. |
| A few drops of vinegar or lemon- | A little curry powder. |
| juice. | A little made mustard. |

Method.—Wash, bone, and pound the anchovies ; mix them with a little curry powder, a little mustard, a few drops of lemon-juice or vinegar, and some butter. Spread the mixture thickly on pieces of toast or croutons ; warm it all before the fire, and serve very hot.

Savoury Biscuits

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| A slice of good cheese. | Chutney. |
| A little made mustard. | Cayenne. |
| Plain water biscuits. | |

Method.—Mix the cheese to a paste with a little chutney, a little made mustard, and season well with cayenne. Spread the mixture on the biscuits, which should be well buttered. Place in a hot oven for a few minutes till quite hot. Serve at once.

Sardine Savoury

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| 2 rolls. | 2 hard-boiled eggs. |
| 2 oz. butter. | Sardines. |
| Mustard, pepper. | Some finely chopped parsley. |
| Pickled gherkins. | A little tarragon vinegar. |

Method.—Cut slices of the roll into round or oval shapes ; fry a golden brown in hot butter. Bone the sardines, put half

of them aside, and pound the other half to a paste with the yolks of the eggs, butter, mustard, pepper, etc. When thoroughly mixed, spread over the slices of roll; put a piece of gherkin in the centre, and curl a strip of sardine round it.

Croûtes of Ham

2 or 3 slices of ham.

Some tongue.

Cayenne.

Some croutons of fried bread.

2 yolks of egg.

1 table-spoonful cream.

Some finely chopped chives.

Method.—Mince the ham and tongue very finely, mix with the yolks and cream; then add the chives, and season with cayenne. Mix thoroughly, stir over the fire to warm and thicken. Pour it on to croutons of fried bread, and serve very hot.

Savoury Eggs

4 eggs.

Salt and pepper.

Some lean ham, finely chopped.

Some finely chopped parsley.

Some slices of buttered toast.

Method.—Well butter some small moulds, sprinkle with chopped ham and parsley. Break an egg carefully into each mould, poach in boiling water till set. Turn out, and serve hot on buttered toast.

Cheese Savoury

3 oz. grated cheese.

2 oz. butter.

Salt and pepper to taste.

Yolk of 1 egg.

Salt-spoonful of mustard.

Method.—Mix all the ingredients well together; spread some rounds of toast or fried bread thickly with it. Put in the oven, and let the cheese become slightly brown. Serve quite hot.

Tomatoes and Buttered Eggs

3 tomatoes (large).
1 oz. butter.
2 eggs.

1 table-spoonful milk.
Some finely chopped parsley.
Seasoning to taste.

Method.—Cut tomatoes in half, take out a little of the pulp, put in a tin, and bake for 10 minutes. Melt butter in a pan, beat up eggs, adding the tomato pulp, milk, and seasoning. Put in pan and cook over the fire till set. Pile on top of the tomatoes. Arrange on a hot dish, and sprinkle with parsley.

Tomato and Shrimp Savoury

$\frac{1}{2}$ pint white sauce.
 $\frac{1}{2}$ pint picked shrimps.
 $\frac{1}{2}$ tea-spoonful chopped parsley.
Salt and pepper to taste.

2 yolks of eggs.
Some tomatoes.
 $\frac{1}{2}$ tea-spoonful vinegar.

Method.—Wipe the tomatoes, and scoop out the centre from the stalk end. Mix all the other ingredients well together, and add a portion of the tomato pulp. Fill the tomatoes with the mixture, piled up. Decorate with hard-boiled yolk of egg rubbed through a sieve. Arrange on a bed of salad.

Sausage on Tomatoes

$\frac{1}{2}$ lb. sausage.
3 tomatoes.

Some buttered toast.

Method.—Skin sausage, season well, form into small cakes; brush over with beaten egg, cover with crumbs, fry in hot fat. Cut tomatoes in three; cook 10 minutes in a moderate oven; put on toast cut in squares; then put a sausage cake on the tomato. Garnish with parsley.

Tomato Cheese

$\frac{1}{4}$ lb. tomatoes.
Salt and pepper.
Slices of well-buttered toast.

$\frac{1}{4}$ lb. cooking cheese.
1 table-spoonful milk.

Method.—Skin tomatoes, cut them up; then cut up cheese; mix, add milk and seasoning. Put in a saucepan, stir over

the fire till hot and thick. Pour over the toast. Garnish with parsley.

Tomatoes with Mince

2 or 3 tomatoes.

$\frac{1}{4}$ lb. cooked meat.

Salt and pepper.

3 or 4 table-spoonfuls thick sauce.

Method.—Cut tomatoes in half; bake in a moderate oven about 10 minutes. Mince the meat finely, mix with sauce and seasoning. Stir over fire till quite hot, then pile on top of tomatoes. Serve hot, and garnish with parsley.

POTTED MEATS

Potted Beef

2 lbs. lean beef.	1 table - spoonful anchovy
2 oz. butter.	essence.
Salt and pepper.	Powdered mace.
2 table-spoonfuls water.	

Method.—Cut the meat into small pieces, put into a jar with butter and water ; cover closely, and place in a pan of boiling water. Boil gently 2 or 3 hours. Mince the meat finely, pound well in a mortar, adding the liquid which has run from it, and the seasoning. Press into small pots, and cover when cold with clarified butter.

Potted Beef and Ham

6 oz. cooked beef.	1 table-spoonful good gravy or
2 oz. butter.	same quantity of boiling water
Pepper and salt.	with $\frac{1}{4}$ tea-spoonful of Liebig's
3 oz. cooked ham.	extract added.
1 tea-spoonful anchovy essence.	

Method.—Mince beef and ham finely, pound well in a mortar with butter, essence, salt, pepper, and gravy added. Put mixture into pots or glasses, and cover with butter prepared as above. Rubbing the meat through a coarse wire sieve will make the paste very smooth.

Potted Ham and Veal

1 lb. cooked veal.	Salt and pepper.
$\frac{1}{2}$ lb. cooked ham.	Powdered mace.
$\frac{1}{4}$ lb. butter.	

Method.—Mince veal and ham finely, pound well in a mortar,

adding butter, salt, pepper, and mace ; put into small pots, and cover with clarified butter.

Potted Shrimps

Some picked shrimps.
Cayenne.
Butter.

A little powdered mace.
Salt.

Method.—Put shrimps in a jar, with a little butter, mace, cayenne, and salt to taste. Cover with a paper. Place jar in a pan of boiling water from 20 to 30 minutes ; then press into small pots. Allow to cool ; cover with clarified butter.

To Clarify Butter.—Put butter in a pan and boil 2 or 3 minutes. Take off the scum or salt which rises to the top. Use when nearly set.

Potted Crab

1 fresh crab.
Salt.

Cayenne.
Powdered mace.

Method.—Pick the meat from the shell and claws of the crab, chop very finely and pound in a mortar with the salt, cayenne, and mace. Press into small jars, cover with butter, put in a moderate oven for 20 minutes. When cold, cover with clarified butter, and allow to set.

Dressed Crab

1 large crab.
Salt and pepper.
1 tea-spoonful made mustard.

1 table-spoonful salad oil or cream.
1 table-spoonful vinegar.

Method.—Remove the meat from the shell, clean it out well ; mix the meat of the crab with the other ingredients. Place the mixture in the shell. Garnish with the claws and a little parsley and lemon.

BREAD

Hints on making Bread

HOME-MADE bread is more nourishing, and the cost much less, than that of baker's bread.

Bread made from the whole of the wheat grain, and called brown bread, is the best, as it contains all the nourishing properties of the grain.

"Seconds," or household flour, which has the husks or bran removed, is the best kind of flour for white bread.

Yeast used for the raising of bread should be quite fresh.

To test—crumble the yeast in a basin; work into it with a teaspoon a little moist sugar. If good, it will become liquid directly.

Lukewarm water is used for making bread, from about 88° to 92° Fahr. The temperature of water for mixing is from 80° to 90° Fahr. This can be obtained by mixing one-third boiling water to two-thirds cold.

Proportion of yeast for making bread—

1 oz. yeast to	3 or	5 lbs. flour.
1½	7	10
2	12	14
2½	14	18

White Bread

3 lbs. flour.

1 oz. yeast.

About 1½ pint lukewarm water.

3 small tea-spoonfuls salt.

1 tea-spoonful sugar.

Method.—Mix the yeast with 1 tea-spoonful of sugar, 1 tea-spoonful of flour, and a little lukewarm water. Set in a warm place to rise. (It should rise as high again, and have a white froth on the top.)

Mix flour and salt in a bowl (in winter it is well to warm the flour), make a hole in centre, pour in yeast; add a little water, and mix with a wooden spoon until nearly all the flour is taken up. Knead lightly, but firmly, until the dough leaves the sides of the bowl and does not stick to the fingers. Turn the smooth side uppermost, mark twice across with a knife, cover with a cloth, and set in a warm place to rise for 2 hours. Form into loaves, put into greased tins, cover, and set to rise again. Bake in a hot oven. A 2-lb. loaf will take from $\frac{3}{4}$ to 1 hour to bake.

Brown Bread

2 lbs. whole meal.

$\frac{1}{2}$ lb. white flour.

1 oz. yeast.

About 1 $\frac{1}{2}$ pint lukewarm water.

2 tea-spoonfuls salt.

1 tea-spoonful sugar.

1 oz. lard.

Method.—Mix whole meal, flour, and salt in a bowl, rub in lard, crumble yeast in a basin, mix with 1 tea-spoonful of sugar, 1 tea-spoonful of flour, and a little lukewarm water. Set in a warm place to rise for 10 minutes (it must rise high, and have a white froth on top). Make a hole in the centre of flour, pour in yeast, add a little lukewarm water, mix with a wooden spoon till nearly all the flour, etc., is taken up. Knead with the hands until smooth and rather soft, adding more water if necessary. Turn smooth side up and mark across, cover, and set in a warm place to rise for 1 hour. Form into loaves or put into greased tins. Set to rise again for 30 minutes. Bake in a hot oven, reducing the heat when the bread has finished rising.

CAKES, ETC

Hints on making Cakes

1. FLOUR must be dry and sifted.
2. Good quality of granulated sugar should be used.
3. Fruit cleaned and thoroughly dried, or the cakes will be heavy.
4. Break eggs into separate cups, one bad one might spoil many.
5. Tins used for rich cakes must be lined with paper. Lay a double fold of paper over the bottom of the tin, cut to the proper size, and let that which lines the sides come about 2 inches above the edge of the tin.
6. See that all ingredients necessary are weighed out and placed on the table. This saves time.
7. Number of eggs used depends on the quality of cake required. For plain cakes allow 1 egg to 4 oz. flour. For rich cakes allow 1 egg to 2 oz. flour. For sponge mixtures (the chief ingredients being eggs and sugar), allow 1 egg to 1 oz. flour.
8. The heat of the oven for baking should be understood.
 - (a) Small cakes, such as buns, etc., should be baked in a hot oven.
 - (b) Small fancy cakes, in tins, should be put in a moderate oven for a short time, that the mixture may soften and take the form of the tin, then the heat of the oven increased to finish.
 - (c) Large fruit cakes must be baked in a moderate oven. Keep at a steady heat all the time.
 - (d) Sponge cakes must be baked in a moderate oven.
9. Parkin and gingerbread must be baked in a slow oven, as they are liable to burn.
10. To test cakes when they are sufficiently baked, press the top of cake with the fingers; if no impression is left, the cake is done.

Tea Cakes

1 lb. flour.
1 oz. yeast.
1 egg.
2 oz. butter.

1 tea-spoonful salt.
About $\frac{1}{2}$ pint lukewarm milk
and water.
1 tea-spoonful sugar.

Method.—Mix flour and salt, rub in butter, mix yeast with sugar and a little warm milk ; pour into centre of the flour. Beat egg, add with more warm milk and water. Mix with a wooden spoon to a light dough. Beat well with the hand for 10 minutes. Cover with a warm cloth, set in a warm place to rise 1 hour. Form into cakes, allowing from $3\frac{1}{2}$ to 4 oz. in each. Place on a greased tin, put in a warm place to rise about 20 minutes. Brush lightly over with milk, bake in a hot oven 10 to 15 minutes. When baked, brush over with warm butter.

NOTE.—For currant tea cakes allow 1 oz. sugar and 2 oz. currants to each pound of flour.

Swiss Buns

1 lb. flour.
2 oz. sugar.
1 oz. yeast.
1 egg.
2 oz. butter.

2 oz. finely chopped candied
peel.
1 tea-spoonful salt.
 $\frac{1}{2}$ pint lukewarm milk or milk
and water.

Method.—Mix flour, salt, and sugar in a bowl, rub in butter, add candied peel. Mix yeast with 1 tea-spoonful of sugar and a little warm milk ; pour into centre of the flour. Beat egg, add with rest of milk, and mix to a rather soft dough. Cover and set aside to rise for 1 hour. Form into buns, place on a greased tin, set to rise again for 20 minutes. Brush over with beaten egg, and bake in a quick oven 15 to 20 minutes. Remove from oven and brush over with transparent icing.

Sultana Scones

1 lb. flour.
2 oz. lard.
2 oz. sugar.
2 oz. sultanas.

1 tea-spoonful salt.
1 tea-spoonful carbonate soda.
1 tea-spoonful cream of tartar.
About $\frac{1}{2}$ pint milk or buttermilk.

Method.—Mix flour, salt, carbonate of soda, cream of tartar in a bowl, rub in lard lightly, add sugar, and sultanas cleaned and picked, mix to a soft dough with milk or buttermilk. Divide mixture into two parts, form each part into a cake, press out to about $\frac{1}{2}$ inch thick on a greased baking-sheet. Mark twice across with the back of a knife, brush lightly with egg, and bake in a quick oven about 20 minutes.

Raspberry Buns

$\frac{1}{2}$ lb. flour.	2 oz. butter or lard.
2 oz. sugar.	$\frac{1}{3}$ tea-spoonful carbonate soda.
1 egg.	$\frac{1}{3}$ tea-spoonful cream of tartar.
Raspberry jam.	$\frac{1}{2}$ tea-spoonful salt.
About $\frac{1}{4}$ pint milk or buttermilk.	

Method.—Mix the dry ingredients together, rub in butter or lard lightly. Beat up egg, add to it a little milk, pour into the flour, and mix to a light dough. Divide into eight equal parts, form into buns. Make a hole in centre of each, put in a little jam, draw the mixture over to cover the jam, put on a greased tin, brush lightly with beaten egg. Bake in a moderate oven about 20 minutes.

Swiss Roll

2 oz. flour.	2 eggs.
3 oz. castor sugar.	$\frac{1}{3}$ tea-spoonful baking-powder.
Some jam.	Grated rind of $\frac{1}{2}$ lemon.

Method.—Put sugar in a bowl, add eggs and lemon-rind, whisk till frothy and thick as cream. Sieve flour and baking-powder, stir carefully to eggs and sugar, pour into a tin lined with buttered paper, bake in a moderate oven about 15 minutes. When done remove from tin, spread with warm jam, and roll up as quickly as possible. Sprinkle well with sugar.

Raspberry Sponge Cake

4 eggs.	6 oz. fine sugar.
4 oz. flour.	1 tea-spoonful baking-powder.
Grated rind $\frac{1}{2}$ lemon.	Raspberry jam.

Method.—Put sugar and lemon-rind in a bowl, break in eggs, whisk until thick and creamy. Sieve flour and baking-

powder, stir very carefully to eggs and sugar. Pour mixture into a cake-tin lined with well-buttered paper. Bake in rather quick oven about 15 minutes. When baked, remove from tin, cool, cut in half, spread over with jam, place the other half on top. Sprinkle over with fine sugar.

Madeira Sandwich

$\frac{1}{4}$ lb. butter.
6 oz. flour.
3 eggs.

$\frac{1}{4}$ lb. sugar.
Grated rind of 1 small lemon.
 $\frac{1}{2}$ tea-spoonful baking-powder.

Method.—Beat butter and sugar to a cream, add eggs one at a time, and beat thoroughly, add lemon-rind. Sieve flour and baking-powder, stir lightly to butter and sugar. Pour into a sandwich-tin well lined with paper. Bake in rather quick oven. When baked, cool, cut in half, spread one half with jam, custard, or cream, place the other half on top, and sprinkle well with fine sugar.

Sultana Cake (Rich)

$\frac{1}{2}$ lb. butter.
 $\frac{1}{2}$ lb. flour.
5 eggs.

$\frac{1}{2}$ lb. sugar.
 $\frac{1}{2}$ lb. mixed candied peel.
 $1\frac{1}{2}$ lb. sultanas.

Method.—Clean sultanas, cut peel into thin strips. Cream butter and sugar, add eggs one at a time, beating thoroughly. Mix flour, peel, and sultanas, add lightly to mixture. Pour into a tin lined with paper. Bake in a moderate oven about 2 hours.

Sultana Cake (Plain)

6 oz. butter.
12 oz. flour.
1 lb. sultanas.
About $\frac{1}{4}$ pint milk.
6 oz. sugar.

6 oz. candied peel.
4 eggs.
1 large tea-spoonful baking-powder.

Method.—Cream butter and sugar, add eggs slowly, beating well. Mix flour, sultanas, candied peel, cut small, and baking-powder together, stir to mixture; lastly, add milk, and mix to

a soft dough. Pour into a tin lined with greased paper. Bake in a moderate oven about $1\frac{1}{2}$ hour.

Madeira Cake

$\frac{1}{4}$ lb. butter.
 $\frac{1}{4}$ lb. flour.
 2 eggs (large).

$\frac{1}{4}$ lb. sugar.
 Grated rind of 1 lemon.

Method.—Cream butter and sugar, add eggs one at a time, beating thoroughly, add lemon-rind. Sieve flour, stir lightly to butter and sugar. Pour into a cake-tin previously lined with paper. Put a slice of citron on top. Bake about 40 minutes in a moderate oven.

Rice Cake

$\frac{1}{4}$ lb. butter.
 3 oz. flour.
 3 large eggs.
 $\frac{1}{4}$ lb. sugar.

3 oz. rice-flour.
 Grated rind of $\frac{1}{2}$ lemon.
 $\frac{1}{2}$ tea-spoonful baking-powder.

Method.—Cream butter and sugar, add eggs slowly, beat thoroughly, add rind. Sieve flour, rice-flour, and baking-powder, stir lightly to butter and sugar. Pour into a cake-tin lined with paper. Bake in a moderate oven about 40 minutes.

Genoa Cake

$\frac{1}{2}$ lb. butter.
 $\frac{1}{2}$ lb. currants.
 10 oz. flour.
 4 eggs.

$\frac{1}{2}$ lb. sugar.
 $\frac{1}{2}$ lb. sultanas.
 $\frac{1}{2}$ lb. candied peel.
 2 oz. almonds.

Method.—Cream butter and sugar, add eggs one at a time, beat thoroughly. Mix flour, currants, sultanas, cut up candied peel finely, add to currants, etc.; stir this lightly to butter and sugar. Pour into a tin lined with paper. Blanch and slice the almonds, scatter over the top of cake. Bake in a moderate oven about $1\frac{1}{2}$ hour.

Berlin Cake

8 oz. sugar.	6 oz. flour.
6 eggs.	Grated rind of 1 lemon.
2 oz. butter (warmed).	$\frac{1}{2}$ tea-spoonful baking-powder.

Method.—Put sugar in a bowl with lemon-rind, break in eggs, whisk till frothy and thick as cream. Sieve flour and baking-powder, stir carefully to eggs and sugar, then add butter, warmed, but not hot. Pour into a tin lined with buttered paper. Bake in a moderate oven about 1 hour. Cool. Cut into rounds about $\frac{1}{2}$ inch thick. Spread with Vienna icing, whipped cream, sweetened and flavoured, and jam alternately. Place the slices over each other. Cover with transparent icing. Decorate with Vienna icing, using a forcing-bag and fancy pipe.

Queen Cakes

$\frac{1}{4}$ lb. butter.	3 oz. currants.
6 oz. flour.	$\frac{1}{4}$ lb. sugar.
1 small tea-spoonful baking-powder.	2 eggs (large).
	Grated rind of $\frac{1}{2}$ lemon.

Method.—Beat butter and sugar to a cream, beat up eggs, add slowly. Clean currants. Sieve flour and baking-powder, add with currants and lemon-rind to butter and sugar. Half fill some well-greased queen cake-tins with the mixture and bake in a quick oven from 15 to 20 minutes.

Robin Cakes

$\frac{1}{4}$ lb. butter.	$\frac{1}{4}$ lb. sugar.
6 oz. flour.	2 large eggs.
A little carmine.	$\frac{1}{2}$ tea-spoonful baking-powder.

Method.—Beat butter and sugar to a cream, beat eggs, add slowly, beating all the time. Sieve flour and baking-powder, stir to the butter and sugar. Divide in two parts, to one part add a few drops of carmine. Put 1 tea-spoonful of each mixture into some small well-buttered cake-tins and bake in a moderate oven 15 to 20 minutes.

Cocoanut Cakes

4 oz. butter.	4 oz. sugar.
3 oz. flour.	3 ozs. desiccated cocoanut.
2 large eggs.	$\frac{1}{2}$ tea-spoonful baking-powder.
Grated rind of $\frac{1}{2}$ lemon.	

Method.—Cream butter and sugar, add eggs slowly, beating well with a wooden spoon. Mix flour, cocoanut, and baking-powder; stir well to the mixture. Partly fill some small greased cake-tins, and bake in a moderate oven 15 to 20 minutes.

Madeline Cakes

2 eggs.	3 oz. sugar.
3 oz. flour.	$\frac{1}{2}$ tea-spoonful baking-powder.
1 oz. butter (oiled).	Grated rind of $\frac{1}{2}$ lemon.
Red currant jelly.	

Method.—Put eggs, sugar, and lemon-rind in a bowl, whisk until thick and creamy. Sieve flour and baking-powder, stir carefully to eggs and sugar, lastly add butter (oiled, but not hot). Partly fill some small well-buttered cake-tins with the mixture, and bake about 15 minutes in a rather quick oven. When cold, cut a small piece from top of each, and take out a portion of centre, put in a little jelly, place the piece on top again. Brush over the top with jelly, and decorate with chopped pistachio nuts or blanched and chopped almonds.

Coffee Cakes

4 eggs.	6 oz. sugar.
6 oz. flour.	1 table-spoonful coffee essence.
2 oz. butter (warmed).	1 tea-spoonful baking-powder.

Method.—Put sugar in a bowl, add eggs and coffee essence, whisk till frothy and thick as cream. Sieve flour and baking-powder, stir carefully to eggs and sugar; then add warmed butter. Pour the mixture into a flat tin lined with well-buttered paper, and bake in a moderate oven about 30 minutes. When baked, turn out, cover with transparent icing. Cut into small convenient sized pieces.

Cornflour Cakes

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|-------------------------------|----------------------------|
| 3 oz. butter. | 3 oz. sugar. |
| 6 oz. cornflour. | 1½ oz. mixed candied peel. |
| 3 eggs. | Grated rind of ½ lemon. |
| ½ tea-spoonful baking-powder. | |

Method.—Cream butter and sugar, beat up yolks of eggs, add a little at a time, beating well. Mix cornflour, baking-powder, lemon-rind, and candied peel, finely chopped; stir carefully to butter, then stir in whites of eggs whipped to a stiff froth. Half fill some small well-greased fancy tins with the mixture. Bake in rather quick oven to a pale brown.

Little German Cakes

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|-----------------------|-------------------------------|
| ¼ lb. butter. | ¼ lb. sugar. |
| 6 oz. flour. | 2 oz. sultanas. |
| 3 eggs. | ½ tea-spoonful baking-powder. |
| 1 oz. glacé cherries. | Grated rind of ½ lemon. |

Method.—Cream butter and sugar, beat up eggs, add slowly, beating all the time. Mix flour, sultanas, cherries (cut up small), and baking-powder; stir lightly to butter and sugar. Line a baking-tin with paper, pour in mixture. Bake in a moderate oven from 20 to 30 minutes. Remove from tin; cool; then cut into fancy shapes. Ice with transparent icing, and sprinkle with chopped pistachio nuts.

Iced Fingers

- | | |
|---------------|----------------|
| 1 lb. butter. | ½ lb. sugar. |
| ½ lb. flour. | Raspberry jam. |
| 2 eggs. | |

Method.—Cream butter and sugar, add eggs slowly, beating thoroughly. Sieve flour, stir lightly to butter and sugar. Divide mixture in two equal parts, spread each part evenly over a sheet of paper 8 × 12 inches in size. Place on a baking-sheet. Bake in rather quick oven. When baked, remove the paper at once, spread the top of one with jam, place the other over this, bottom side up. When cold, ice with royal icing (white or pink). Cut into finger lengths.

NOTE.—This cake will ice better if made a day or two before it is wanted.

Small Orange Cakes

2 eggs.	3 oz. sugar.
3 oz. flour.	$\frac{1}{2}$ tea-spoonful baking-powder.
$1\frac{1}{2}$ oz. butter.	

Method.—Put eggs and sugar in a bowl, beat over hot water till thick and creamy. Sieve flour and baking-powder, stir carefully to eggs and sugar, then stir in the butter (oiled). Pour the mixture into a tin lined with well-buttered paper. Bake in a moderate oven 20 to 30 minutes. When cold, cut in half; spread with orange curd, place the other half on top, cover with transparent icing, and cut into fancy shapes.

ORANGE CURD.

2 oz. butter.	Grated rind and juice of 1
4 oz. sugar.	orange (large).
Yolks of 2 eggs.	

Method.—Stir butter and sugar in a pan over the fire till melted, cool a little, add juice, rind, and yolk. Stir again over fire till thick.

Brandy Snaps

7 oz. butter.	7 oz. sugar.
7 oz. flour.	7 oz. syrup.
$\frac{1}{2}$ oz. ground ginger.	

Method.—Cream butter and sugar, add syrup, then flour and ginger. Mix thoroughly and let it stand till firm. Form into small balls, press each out very thinly with the fingers on to a baking-sheet. Bake in a rather quick oven from 7 to 10 minutes. Roll at once round the handle of a wooden spoon.

NOTE.—This mixture will keep for some time if covered and kept in a cool place.

Parkin

- | | |
|----------------------------------|--------------------------------|
| 1 lb. flour. | $\frac{1}{4}$ lb. butter. |
| 1 lb. oatmeal. | $\frac{1}{4}$ lb. lard. |
| $1\frac{1}{2}$ lb. treacle. | $\frac{1}{4}$ lb. brown sugar. |
| $\frac{1}{4}$ pint milk. | 1 tea-spoonful salt. |
| $\frac{1}{2}$ oz. ground ginger. | |

Method.—Put flour, oatmeal, and salt in a bowl, rub in butter and lard, add sugar and ginger, mix treacle and milk, add to flour, etc., then mix thoroughly. Cover, let it stand all night to soak. Put into a well-buttered tin and bake in a very slow oven.

Shortbread

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|--------------------------|---------------------------|
| $\frac{1}{2}$ lb. flour. | $\frac{1}{4}$ lb. butter. |
| 2 oz. sugar. | |

Method.—Mix flour and sugar in a bowl, rub in the butter, knead well to a smooth paste. Roll or press out about $\frac{1}{2}$ inch thick. Turn up a little at the edges and prick all over the cake with a fork. Put on a baking-sheet. Bake in a moderate oven about 20 minutes.

Éclairs

Choux Paste.

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|----------------------------|---------------------------|
| $2\frac{1}{2}$ oz. butter. | 3 eggs. |
| 2 oz. fine sugar. | $\frac{1}{2}$ pint water. |
| 5 oz. flour. | Few drops of vanilla. |

Method.—Put water, butter, and sugar in a pan, bring to boil, then mix in all the flour, stirring quickly for a few minutes to cook the flour. Cool the mixture a little, mix in the eggs one at a time, add the vanilla and beat well. Put this mixture into a forcing-bag with a plain pipe, press out into finger lengths, or rounds about the size of a walnut, on to a baking-tin; brush over lightly with beaten egg. Bake about 30 minutes in a rather quick oven. When cold, cut sharply down one side, and fill with cream, stiffly whipped, sweetened, and flavoured with vanilla. Close up the éclairs and cover with chocolate icing.

CHOCOLATE ICING.

1 oz. chocolate.

4 table-spoonfuls water.

 $\frac{1}{2}$ lb. icing sugar (sifted).

Method.—Put chocolate and water in a pan over fire, cook till smooth, then mix in icing sugar, add a little more water if necessary. Warm up and use for above.

PASTRY

Hints on making Pastry

PASTRY should be made in as cool a place as possible. The rolling-pin and also the hands must be kept cold. Use half proportion of fat or shortening to weight of flour; if this is done no baking-powder is necessary. If a less proportion of fat is used a little baking-powder is added; this gives lightness and shortness to the pastry.

Handle and roll the pastry very lightly. The colder it is kept during the making the lighter it will be, as the pastry will contain more air, and the greater will be the expansion when cooked.

In making short pastry the fat must be lightly rubbed into the flour, and only sufficient water used to make it hold together. Always mix pastry with a knife.

Flaky or rough puff pastry differs in the making, the fat being rolled instead of rubbed in. Care must be taken in the rolling and folding, as the evenness of the flakes depend upon this.

A very hot oven is necessary for the baking of pastry. To ascertain the heat of the oven put in a small piece of bread. If it browns quickly the oven is ready.

Short Pastry

$\frac{1}{2}$ lb. flour.
 $\frac{1}{2}$ tea-spoonful salt.

4 oz. lard or butter.
Cold water to mix.

Method.—Sieve flour and salt into a bowl, rub in lard or butter lightly with the tips of the fingers till it has the appearance of fine bread-crumbs. Mix to a stiff paste with cold water and a knife (it should be as dry as possible, and only just stick together). Flour a board and roll out once. If less quantity of fat is used, add 1 tea-spoonful of baking-powder to each pound of flour.

Suet Pastry

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ tea-spoonful baking-powder.
$\frac{1}{4}$ lb. beef suet.	$\frac{1}{2}$ tea-spoonful salt.
Cold water to mix.	

Method.—Mix flour, salt, and baking-powder in a bowl. Shred and chop suet finely, add to flour and baking-powder. Mix to a stiff paste with cold water and a knife. This pastry is used for beef-steak and fruit puddings, and may be steamed or boiled.

Flaky Pastry

$\frac{1}{2}$ lb. flour.	4 oz. lard or butter.
Juice of $\frac{1}{2}$ lemon.	$\frac{1}{2}$ tea-spoonful salt.
Cold water to mix.	

Method.—Mix flour and salt in a bowl, put in fat, break into pieces about size of a small nut. Mix to a stiff paste with water and lemon-juice. Flour the board, roll pastry out, fold in three, turn rough edges towards you, roll out again. Continue this five or six times. Sprinkle lemon-juice over the last two rollings.

Rough Puff Pastry

$\frac{1}{2}$ lb. flour.	Juice of $\frac{1}{2}$ lemon.
6 oz. butter or lard.	Cold water to mix.
$\frac{1}{2}$ tea-spoonful salt.	

Method.—Sieve flour and salt into a bowl, rub in 1 oz. fat, add lemon-juice and cold water. Mix to a stiff paste with a knife. Roll out, put remainder of fat on one half, wet edges, fold over; roll out, fold in three, turn rough edges towards you, roll out again. Folding and rolling in all seven times.

Puff Pastry

$\frac{1}{2}$ lb. flour.

Juice of $\frac{1}{2}$ lemon.

$\frac{1}{2}$ lb. butter.

About $\frac{1}{4}$ pint water.

Method.—Sieve flour into a bowl, add strained lemon-juice and cold water; mix to a stiff paste with a knife. Knead till quite smooth and elastic, then let it stand in a cold place for 10 minutes to shrink. Roll out on a floured board. Squeeze butter in a cloth, make into a flat cake and place it on one half of the pastry. Lightly wet edges of pastry and fold over; press edges firmly. Roll out, fold in three; turn rough edges towards you, roll out again. Continue doing this until the pastry has been rolled and folded in all seven times. Allow it to stand 10 minutes in a cold place after each folding. Sprinkle with lemon-juice between the last three rollings. Let it stand, if possible, some time before using.

For patties and cases roll out about $\frac{1}{4}$ inch thick. Cut into rounds with a cutter dipped in flour or hot water. With a cutter two sizes smaller cut halfway through the pastry. Place patties on a tin, brush the tops lightly over with beaten egg. Bake in a hot oven.

Hot-water Pastry

1 lb. flour.

$\frac{1}{4}$ pint water.

$\frac{1}{4}$ lb. lard.

1 tea-spoonful salt.

Method.—Mix flour and salt in a bowl. Put water and fat in a pan, boil, pour into the flour, mix with a wooden spoon, then knead well for a few minutes. Cover with a damp cloth, keep in a warm place till wanted for use.

Genoise Pastry

3 eggs.

3 oz. flour.

4 oz. sugar.

2 oz. butter.

Method.—Put sugar in a bowl, break in eggs, whisk until frothy and thick as cream. Sieve flour, and stir carefully to eggs and sugar; lastly stir in butter, oiled. Pour into a tin

lined with buttered paper or into small fancy tins. Bake in a rather quick oven about 15 minutes. This pastry is used for sandwiches, fancy cakes, etc.

Fruit Pie

1 lb. fruit.
Sugar to taste.

2 or 3 table-spoonfuls cold water.
Short pastry (p. 48).

Method.—Wash the fruit, half fill the pie-dish. Add sugar, then rest of fruit, and water. Roll pastry out a little larger than dish, cut narrow strips and place them round edges, first wetting them. Cover with rest of pastry, cut and trim edges. Bake in a hot oven 30 minutes, or until nicely browned. Dust over with fine sugar.

Beef-steak Pie

1 lb. beef-steak.
1 tea-spoonful salt.
Cold water.

1 table-spoonful flour.
 $\frac{1}{4}$ tea-spoonful pepper.
Flaky pastry (p. 49).

Method.—Cut meat into thin slices, cut fat into small pieces. Mix flour, salt, and pepper on a plate; dip the pieces of meat into this seasoned flour, put a piece of fat on the end of each, and roll up. Put the meat in a pie-dish and cover with cold water. Roll out the pastry a little larger than pie-dish; wet edges of dish, and cover with narrow strips of pastry. Place rest of pastry on top. Cut and trim the edges of pastry, and make a hole in the top to let out the steam. Bake $1\frac{1}{2}$ hour in a hot oven. A little more gravy or stock may be added after it is cooked. A few oysters or one sheep's kidney is a great improvement.

Rabbit Pie

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|---|------------------------------------|
| 1 rabbit. | 1 table-spoonful flour. |
| $\frac{1}{4}$ lb. fat bacon. | 1 tea-spoonful salt. |
| 1 or 2 hard-boiled eggs. | $\frac{1}{4}$ tea-spoonful pepper. |
| $\frac{1}{2}$ tea-spoonful sweet herbs. | Rough puff pastry (p. 49). |

Method.—Cut rabbit into neat joints. Mix flour, salt, pepper, and sweet herbs on a plate; dip each piece of rabbit in this mixture. Cut bacon into thin slices, also the eggs. Arrange layers of rabbit, egg, and bacon till the dish is full, sprinkling some of the seasoned flour over each layer; pour in some good stock or gravy in which two sheets of gelatine have been dissolved. Roll out the pastry a little larger than pie-crust, cut narrow strips, and place round edges of the dish, first wetting the edges; put the rest of pastry on top. Cut and trim the edges; then decorate top of pastry. Brush over with beaten egg, make a hole in the top to let out the steam. Bake in a hot oven $1\frac{1}{2}$ hour. This may be served hot or cold.

Pigeon Pie

- | | |
|--------------------------|---------------------------------|
| 2 or 3 pigeons. | 1 table-spoonful chopped |
| 1 or 2 hard-boiled eggs. | parsley. |
| Small piece of onion. | 1 oz. flour, seasoned with salt |
| Some good stock. | and pepper. |
| 1 lb. good steak. | Puff pastry (p. 50). |

Method.—Cut the steak in thin slices; dip each piece in the seasoned flour and roll up; place in pie-dish. Cut pigeons in half, place them in pie-dish with a little parsley and onion, finely chopped, also the hard-boiled eggs, sliced. Add stock. Cover with puff pastry. Decorate, brush over with beaten egg. Bake in hot oven $1\frac{1}{2}$ to 2 hours.

Mince Pies

Method.—Roll out some puff pastry, cut into rounds, line some patty-pans with them, put in a good spoonful of mince meat; place another round of pastry on top; lightly brush over with beaten egg. Bake in a hot oven 15 or 20 minutes.

Sausage Rolls

$\frac{1}{2}$ lb. sausage.

$\frac{1}{2}$ lb. rough puff pastry (p. 49).

Method.—Remove skins from sausage; cut in half. Roll pastry out $\frac{1}{8}$ inch thick; cut in squares. Put a piece of sausage in the centre of each square, wet the edges lightly, fold over, and mark with the back of a knife. Place on a tin, brush over with beaten egg. Bake in a hot oven from 20 to 30 minutes.

Orange Cheese Cakes

2 oz. butter.

2 oz. flour.

1 large egg.

Some scraps of pastry.

2 oz. sugar.

Grated rind of 1 orange.

$\frac{1}{4}$ tea-spoonful baking-powder.

Method.—Roll out the pastry, cut in rounds, line some patty-tins with them. Beat butter and sugar to a cream; add eggs slowly, beating all the time, then add orange rind; sieve flour and baking-powder, stir carefully to butter and sugar. Put a large tea-spoonful of the mixture into each patty-tin. Bake in a moderate oven 15 to 20 minutes.

Raspberry Cheese Cakes

$\frac{1}{4}$ lb. butter.

$\frac{1}{4}$ lb. flour.

2 eggs.

Some scraps of pastry.

$\frac{1}{4}$ lb. sugar.

$\frac{1}{4}$ tea-spoonful baking-powder.

Raspberry jam.

Method.—Roll pastry out thinly, cut into rounds, line some small patty-pans, put in $\frac{1}{2}$ tea-spoonful raspberry jam. Beat butter and sugar to a cream, add eggs (beaten); sieve flour and baking-powder, stir lightly to butter and sugar. Put a good spoonful of this mixture into each patty-tin. Bake in a moderate oven from 15 to 20 minutes. Cool, and sprinkle with castor sugar.

Apple Cheese Cakes

1 lb. apples.
2 oz. butter.
2 eggs.
Sugar to taste.

Grated rind and juice of 1
lemon.
Scraps of pastry.

Method.—Cook the apples in a little water till soft: rub through a sieve. Add butter, sugar, eggs (well beaten), lemon rind and juice. Line patty-pans with pastry, put in mixture, and bake in a quick oven from 15 to 20 minutes. Sprinkle with fine sugar.

Curd Cheese Cakes

2 oz. butter.
1 oz. currants.
1 stale sponge cake.
Juice of 1 large lemon.
A little grated nutmeg.

2 oz. sugar.
1 egg.
1 pint milk.
Some scraps of pastry.

Warm the milk, add lemon-juice (strained), stir well. Strain the whey from the curds, put curds in a bowl, add currants, sponge-cake crumbs, sugar, butter, nutmeg, and a few drops of lemon essence. Line some patty-pans with the pastry, put in a large spoonful of the mixture. Bake in a quick oven till nicely browned.

Apricot Tartlets

$\frac{1}{4}$ lb. butter.
 $\frac{1}{4}$ lb. sugar.
 $\frac{1}{4}$ lb. flour.
2 large eggs.

$\frac{1}{4}$ tea-spoonful baking-powder.
Apricots (tinned).
Rough puff pastry (p. 49).

Method.—Roll the pastry out thinly, cut into rounds, and line some small patty-tins with it. Beat butter and sugar to a cream; add yolks of eggs slowly, beating all the time, then a table-spoonful of apricot syrup; stir in carefully the flour and baking-powder. Put a large tea-spoonful of this mixture into the patty-tins. Bake in a moderate oven from 20 to 30 minutes. When baked, put half an apricot on top of each tartlet. Beat whites of eggs to a stiff froth, and decorate each tartlet with it. Put back into the oven to harden and slightly brown.

PUDDINGS

Hints on making Puddings

THERE are many different kinds of puddings, which can be made both nourishing and digestible at a small cost. These form a pleasant addition to the dinner, or principal meal of the day. The simplest kinds of puddings are those made from farinaceous foods, such as rice, sago, tapioca, with the addition of milk, as milk provides the flesh-forming and mineral substances of which grain foods are deficient. These puddings are nourishing and wholesome. The proportions used for milk puddings are 2 oz. of grain to each pint of milk.

If skim milk is used, a little shredded suet or butter should be added ; this makes up for the deficiency of the cream.

Milk puddings should be cooked in a slow oven.

Suet Puddings.—The foundation of all suet puddings consists of flour, or flour and bread-crumbs, and suet. The suet must be skinned, shredded, and finely chopped before it is mixed with the flour and bread-crumbs.

The name given to these puddings is taken from the ingredient or flavouring added. Thus, marmalade added would make marmalade pudding ; figs, fig pudding ; raisins, raisin pudding, and so on.

Rules for Making.—1. Half weight of suet to flour and bread-crumbs. Where less than half weight is used, baking-powder is required (1 tea-spoonful to each pound of flour).

2. All dry ingredients should be well mixed before any liquid is added.

3. Sufficient liquid should be added to form a thick batter.

4. Basin or pudding-mould should be well greased.

Custard Puddings.—For these puddings a sweetened and flavoured custard of eggs and milk must be poured over a foundation of stale bread or cake spread with a little jam. They may be either steamed or baked. In any case the mould must be well greased.

Rules for Boiling.—1. The water must completely cover the pudding and be kept boiling all the time.

2. A cloth must be used, and the pudding tied firmly in ; or over the top of the basin.

3. Keep on the pan-lid, and add more boiling water as the water in the pan boils down.

Rules for Steaming.—1. The water must only come three parts of the way up the basin.

2. Puddings should be covered with a greased paper, and not with a cloth.

3. Puddings are much lighter steamed than boiled.

4. Keep on the pan-lid, and add more boiling water as the water in the pan boils down.

Marmalade Pudding

3 oz. flour.

3 oz. sugar.

1 large egg.

Milk.

Grated rind of $\frac{1}{2}$ lemon.

3 oz. bread-crumbs.

3 oz. chopped suet.

2 large table-spoonfuls marmalade.

1 tea-spoonful Miller's baking-powder.

$\frac{1}{4}$ tea-spoonful salt.

Method.—Mix flour, bread-crumbs, suet, baking-powder, lemon-rind, sugar, and salt in a bowl. Beat up egg, add marmalade, mix well, then pour into the flour, sugar, etc., and mix to a soft dough, adding milk if necessary. Pour into a well-greased pudding-basin, cover with greased paper. Steam for 2 hours. Serve with sweet sauce.

Raisin Pudding

$\frac{1}{4}$ lb. valencias.

2 oz. sugar.

Pieces of stale bread.

1 pint milk.

2 eggs.

Vanilla essence.

Method.—Stone the valencias, cut in half. Put milk and sugar in a pan, boil. Well grease a pudding-basin, decorate with the valencias ; fill with the bread, broken into small pieces, with layers of valencias between. Beat up eggs. Add to milk with vanilla, and pour over the bread. Cover with greased paper, and steam for 1 hour. Serve with jam sauce.

Cherry Pudding

$\frac{1}{4}$ lb. butter.	$\frac{1}{4}$ lb. sugar.
4 oz. cake-crumbs.	2 oz. flour.
$\frac{1}{4}$ lb. glacé cherries.	3 eggs, yolks and whites separated.
Grated rind of 1 lemon.	

Method.—Decorate a well-buttered plain or fancy mould with 1 oz. of the cherries cut in small pieces. Cream the butter and sugar, add yolks of eggs, beat well, then add lemon-rind, cake-crumbs, flour, and remainder of cherries cut up; lastly, stir in the whites of eggs, stiffly whipped. Pour mixture into the mould; cover with a double fold of well-buttered paper. Steam for 2 hours. Turn out carefully. Serve with wine sauce.

Fig Pudding

3 oz. bread-crumbs.	3 oz. flour.
6 oz. figs.	3 oz. sugar.
1 egg (large).	3 oz. finely chopped suet.
A little milk.	1 tea-spoonful baking-powder.
$\frac{1}{2}$ tea-spoonful salt.	

Method.—Mix flour, crumbs, sugar, salt, and baking-powder in a bowl; chop figs and suet, add to flour and crumbs. Beat up egg, add with a little milk, and mix to a soft dough with a wooden spoon. Put into a well-greased pudding-mould, cover with a greased paper. Steam for 2 hours. Serve with sweet sauce.

Lemon Pudding

3 oz. flour.	3 oz. bread-crumbs.
3 oz. sugar.	3 oz. finely chopped beef suet.
A little milk.	Grated rind of 1 large lemon.
$\frac{1}{2}$ tea-spoonful salt.	1 tea-spoonful baking-powder.
1 large egg or 2 small ones.	

Method.—Mix flour, bread-crumbs, sugar, suet, salt, and baking-powder in a bowl; add grated rind and strained juice

of lemon. Beat eggs, add with a little milk, and mix to a soft dough. Pour into a well-greased pudding-mould or basin. Cover with greased paper and steam 2 hours. Serve with sweet sauce.

Superior Treacle Pudding

3 oz. flour.	3 oz. chopped suet.
3 oz. sugar.	$\frac{1}{2}$ tea-spoonful ground ginger.
$1\frac{1}{2}$ oz. currants.	$\frac{1}{2}$ tea-spoonful salt.
2 small eggs.	1 tea-spoonful baking-powder.
A little milk.	1 table-spoonful treacle.
Grated rind of 1 lemon.	1 table-spoonful syrup.
3 oz. bread-crumbs.	

Method.—Mix all dry ingredients well together, add lemon-juice, treacle, eggs, and milk, mix to a soft dough. Pour into a well-greased mould. Cover with greased paper and steam 2 hours.

Vennoise Pudding

5 oz. stale bread.	3 oz. castor sugar.
5 oz. sultanas.	2 oz. mixed candied peel.
1 oz. lump sugar.	Grated rind of 1 lemon.
3 eggs.	$\frac{3}{4}$ pint milk.
1 glass sherry.	1 table-spoonful water.

Method.—Cut bread into small dice, and soak with sherry and $\frac{1}{4}$ pint of milk, keeping the basin covered. Chop the peel finely, and add with cleaned sultanas, sugar, and lemon-rind to bread, etc. Put the lump sugar and water in a pan, place over the fire till it becomes a dark brown. Cool a little, add milk slowly, until the caramel dissolves, then add eggs, well beaten. Pour this brown custard over the pudding mixture, and mix thoroughly. Pour into a well-buttered mould, cover with a greased paper, and steam 2 hours. Serve with vanilla or German egg sauce.

Gloucester Pudding

4 oz. bread-crumbs.	4 oz. suet (finely chopped).
4 oz. flour.	4 oz. sultanas.
4 oz. sugar.	2 oz. candied peel.
1 glass sherry.	2 eggs.
1 tea-spoonful ground cinnamon.	

Method.—Mix the dry ingredients together; add sherry and beaten eggs, and mix well. Pour into a greased pudding mould, and steam 2 hours. Serve with sweet sauce.

Fruit Pudding

Fruit.	Suet pastry (p. 49).
Sugar.	

Method.—Roll pastry out, leaving a little for the top. Line a greased basin with it, put in sugar, fruit, and a little cold water. Roll out remainder of pastry, place on top, press the edges together. Cover with a greased paper. Steam 2 hours. Turn out and serve.

Plum Pudding

$\frac{1}{2}$ lb. beef suet.	$\frac{1}{2}$ lb. valencias.
$\frac{1}{2}$ lb. sultanas.	$\frac{1}{2}$ lb. currants.
$\frac{1}{2}$ lb. bread-crumbs.	$\frac{1}{2}$ lb. mixed candied peel.
$\frac{1}{2}$ lb. moist sugar.	$\frac{1}{2}$ oz. ground cinnamon.
2 oz. almonds.	$\frac{1}{4}$ oz. ginger.
$\frac{1}{4}$ oz. grated nutmeg.	Grated rind of 1 lemon.
1 tea-spoonful salt.	4 large eggs.
Wine-glass of brandy.	Wine-glass of sherry.

Method.—Clean currants and sultanas, stone and chop raisins, blanch and chop almonds, cut up peel finely, shred and chop suet, mix these with bread-crumbs and other dry ingredients in a bowl. Beat up eggs, add with the sherry and brandy to the dry ingredients, then mix the whole very thoroughly. Put into well-greased pudding-moulds; cover with greased paper. Steam in boiling water for 5 or 6 hours.

Plum Pudding (without Eggs)

$\frac{1}{2}$ lb. bread-crumbs.	$\frac{1}{2}$ lb. sultanas.
$\frac{1}{2}$ lb. valencias.	$\frac{1}{2}$ lb. mixed candied peel.
$\frac{1}{2}$ lb. currants.	$\frac{1}{2}$ lb. potatoes, peeled and grated.
$\frac{1}{2}$ lb. almonds.	$\frac{1}{2}$ lb. carrots, peeled and grated.
$\frac{1}{2}$ lb. moist sugar.	1 tea-spoonful ground cinnamon.
1 tea-spoonful salt.	1 tea-spoonful grated nutmeg.
1 tea-spoonful ground ginger.	Wine-glass of brandy.
Grated rind and juice of 1 lemon.	Wine-glass of sherry.
$\frac{1}{2}$ lb. beef suet.	

Method.—Prepare and mix all the dry ingredients, add carrots and potatoes, then add sherry and brandy. Mix all very thoroughly. Put into greased pudding-moulds; cover with greased paper. Steam 5 or 6 hours.

Beef-steak Pudding

1 lb. steak.	1 table-spoonful flour.
$\frac{1}{4}$ tea-spoonful pepper.	1 tea-spoonful salt.
Cold water.	Suet pastry (p. 49).

Method.—Line a greased pudding-basin with suet pastry, reserving one-third for the cover. Cut meat into thin slices, cut fat in small pieces. Mix flour, salt, and pepper on a plate; dip meat in this seasoning, put a piece of fat on the end of the meat, and roll up. Put into the basin and half fill with water. Wet the edges, place a cover of pastry on top. Cover with a greased paper. Steam 2 hours.

Bakewell Pudding

2 oz. butter.	2 oz. sugar.
2 oz. ground almonds.	2 oz. bread-crumbs.
Grated rind of $\frac{1}{2}$ lemon.	2 small eggs.
Rough puff pastry (p. 49).	Raspberry or apricot jam.

Method.—Beat butter and sugar to a cream; add eggs, beat well. Add lemon-rind, crumbs, and almonds; mix well. Line a flat dish with the pastry, spread a layer of jam over the pastry, pour in the mixture. Bake in a quick oven from 20 to 30 minutes. Dust well with castor sugar. Serve hot or cold.

Queen of Puddings

1 oz. sugar.
 $\frac{3}{4}$ pint milk.
 A little jam.
 1 oz. butter.

2 eggs, yolks and whites separated.
 $\frac{1}{2}$ pint bread-crumbs.
 A few drops vanilla.

Method.—Put milk and butter in a pan, boil, then pour over bread-crumbs and sugar; add yolks (beaten), also vanilla. Pour into a buttered pie-dish. Bake in a moderate oven till firm, then spread the jam over. Whip whites to a stiff froth, add a little sugar. Pile on top of the pudding. Put in the oven to harden and slightly brown.

Metropole Pudding

1 oz. butter.
 2 small eggs.
 1 oz. sugar.
 $\frac{1}{2}$ pint milk.
 Some jam.

$\frac{1}{2}$ oz. flour.
 2 oz. savoy biscuits or stale sponge cake.
 Vanilla flavouring.
 Rough puff pastry (p. 49).

Method.—Line a pie-dish with the pastry, spread over it a layer of jam; over this put a layer of savoy biscuits or slices of stale sponge cake. Melt butter in a pan; mix in flour, add milk slowly. Stir till it boils. Cool; then add sugar and flavouring and yolks of eggs, well beaten. Pour this custard into the pie-dish, and bake in a moderate oven from 30 to 40 minutes. Cover with whites, stiffly whipped, and put in the oven to harden, and slightly brown.

Manchester Pudding

$\frac{1}{4}$ lb. butter.
 6 oz. flour.
 3 eggs.
 1 tea-spoonful baking-powder.

$\frac{1}{4}$ lb. sugar.
 2 preserved peaches or apricots.
 Grated rind of 1 lemon.

Method.—Beat butter and sugar to a cream; beat up eggs, add slowly, beating all the time. Sieve flour and baking-powder; add carefully to butter and sugar, with lemon-rind and fruit cut into small pieces. Pour into a well-buttered mould, or into small dariole moulds. Steam in a pan of

boiling-water, or bake in a moderate oven about 45 minutes. (If small tins are used, less time will be required for baking.) When cooked, turn out, and pour over a coloured syrup.

NOTE.—If this pudding is steamed, it must be covered with a double fold of greased paper.

Castle Puddings

4 oz. butter.
6 oz. flour.
2 large eggs.

4 oz. sugar.
 $\frac{1}{2}$ tea-spoonful baking-powder.
Grated rind of $\frac{1}{2}$ lemon.

Method.—Beat butter and sugar to a cream; beat up eggs, add slowly, beating all the time with a wooden spoon. Sieve flour and baking-powder; stir carefully to butter and sugar. Half fill some well-greased dariole moulds with the mixture. Bake in a moderate oven from 15 to 20 minutes. Turn out on a dish, and serve with raspberry sauce.

Lemon Pudding (Baked)

Pastry.

6 oz. flour.
Cold water.
3 oz. lard or butter.

$\frac{1}{4}$ tea-spoonful salt.
 $\frac{1}{2}$ tea-spoonful baking-powder.

Mixture.

2 oz. sugar.
2 small eggs.
2 oz. butter.
2 oz. savoy biscuits.

Grated rind and juice of 1
lemon.
 $\frac{1}{4}$ tea-spoonful baking-powder.

Method.—Make a short pastry of flour, lard, or butter, etc. Roll out, and line a greased tin or plate with it; decorate the edges with cut leaves of pastry.

Beat butter and sugar to a cream; add eggs (well-beaten), grated lemon-rind, strained juice, the savoy biscuits (crushed), and baking-powder. Pour this mixture over the pastry, and bake in a quick oven from 30 to 40 minutes. When baked, sprinkle with fine sugar, and serve.

Yorkshire Pudding

$\frac{1}{4}$ lb. flour.

1 egg.

1 oz. dripping.

$\frac{1}{2}$ pint milk.

$\frac{1}{4}$ tea-spoonful salt.

Method.—Mix flour and salt; make a hole in centre of flour, break in egg, add a little milk, mix with a wooden spoon till all the flour is taken up and a thick batter is formed. Beat well, then add rest of milk. Put dripping in a baking-tin, place in the oven till quite hot. Pour in the batter. Bake in a quick oven about 30 minutes.

Batter is much lighter if made some time before it is required.

Prepare batter as above for pancakes.

SAUCES

Hints on making Sauces

THE foundation of most sauces consists of butter, flour, and liquid.

The liquid used in making savoury sauces should be either stock or milk and water.

In making sweet sauces, milk or milk and water should be used.

Proportions for making sauces are, 1 oz. butter, 1 oz. flour, $\frac{1}{2}$ pint liquid.

Sauces used for coating and binding are necessarily much thicker than those served in the tureen, consequently a less quantity of liquid is used to same proportion of flour.

In making sauce, the flour must be well cooked before the whole of the liquid is added, the remainder of the liquid being carefully stirred in just before serving.

SAVOURY SAUCES

White Sauce

1 oz. butter.
Seasoning to taste.
1 oz. flour.

$\frac{1}{2}$ pint milk, or $\frac{1}{4}$ pint milk and
 $\frac{1}{4}$ pint water.

Method.—Melt butter in a saucepan, mix in flour, add milk or milk and water, slowly stirring with a wooden spoon till it boils. Cook for a few minutes; add seasoning and a few drops of lemon-juice. Serve in a sauce tureen.

Bread Sauce

2 oz. bread-crumbs.
Small piece of onion.
Seasoning.

1 oz. butter.
Blade of mace.
 $\frac{1}{2}$ pint milk.

Method.—Put milk, onion, and blade of mace into a pan, place by the fire to infuse, but not boil. Take out the onion and mace, stir in the crumbs, add butter and seasoning. Simmer for 5 minutes, and serve.

Onion Sauce

2 or 3 onions.
1 oz. flour.
Seasoning.

1 oz. butter.
 $\frac{1}{2}$ pint milk, or milk and water.

Method.—Peel the onions, boil till soft, strain and chop finely. Melt butter in a pan, mix in flour, add milk and water slowly; stir till it boils. Add onions and seasoning, boil up again, and serve.

Parsley Sauce

1 oz. butter.
 $\frac{1}{2}$ pint milk.
Seasoning.

1 oz. flour.
1 table-spoonful chopped parsley.

Method.—Melt butter, mix in flour, add milk slowly; stir till it boils. Add seasoning, and just before serving add the chopped parsley.

Mayonnaise Sauce

1 raw yolk of egg.
Pinch of salt and pepper.
Salad oil.
A little lemon-juice, if liked.

$\frac{1}{2}$ tea-spoonful raw mustard.
1 table-spoonful vinegar.
A few drops of tarragon and chilli vinegar.

Method.—Put yolk in a basin, with mustard, salt, and pepper; stir well with a wooden spoon. Drop in the oil very slowly (drop by drop), stirring all the time till it thickens. When quite thick, add each of the vinegars slowly.

Horseradish Sauce

2 or 3 ozs. grated horseradish. 1 table-spoonful vinegar.
 1 tea-spoonful of made mustard. $\frac{1}{4}$ pint cream or good milk.
 1 tea-spoonful sugar.

Method.—Mix horseradish, mustard, sugar, salt, and cream or milk well together; then add vinegar and mix again.

Cream Sauce

1 oz. butter. $\frac{1}{4}$ pint veal stock.
 1 oz. flour. $\frac{1}{4}$ pint milk.
 2 table-spoonfuls cream. Yolk of 1 egg.
 Few drops lemon-juice. Salt and pepper.

Method.—Melt butter in a pan, mix in flour, add stock and milk slowly; stir till it boils. Add salt and pepper. Cool a little, mix in cream and yolk. Stir over fire till creamy; add lemon-juice. Serve in a sauce-boat.

Maitre d'Hotel Butter

1 oz. butter. 1 table-spoonful finely chopped
 Salt and pepper. parsley.
 $\frac{1}{2}$ tea-spoonful lemon-juice.

Method.—Mix the above ingredients well together with a knife. Keep in a cool place till required. Form into small pats. Place on grilled chop, steak, or fish just before serving.

Tomato Sauce

1 oz. butter. 1 oz. flour.
 $\frac{1}{2}$ tin tomatoes. $\frac{1}{4}$ pint water.
 1 small onion. 1 bay-leaf.
 Sprig of parsley. $\frac{1}{2}$ tea-spoonful sugar.
 Salt and pepper.

Method.—Put tomatoes, onion, bay-leaf, mace, parsley, and water in a pan; boil till soft, then rub through a wire sieve. Melt butter in a pan, mix in flour, add tomato pulp. Slowly stir till it boils, then add seasoning and sugar. Boil for a few minutes. Serve in a hot sauce-tureen.

Mint Sauce

Some finely chopped mint. Sugar.
Some vinegar.

Method.—Mix the ingredients well together, using sufficient vinegar to cover the mint.

Caper Sauce

$\frac{1}{2}$ pint white sauce. 1 dessert-spoonful vinegar.
2 table-spoonfuls chopped capers.

Method.—Stir the chopped capers well into the sauce; add the vinegar. Reheat and serve.

SWEET SAUCES

German Egg Sauce

1 egg. $\frac{1}{4}$ pint sherry.
Strip of lemon-rind. 1 dessert-spoonful sugar.

Method.—Slightly warm the sherry, put in a basin with sugar, egg, and lemon-rind; place the basin over warm water. Whisk till sauce is thick and frothy. Serve at once.

Raspberry Sauce

2 table-spoonfuls raspberry jam. $\frac{1}{4}$ pint water.
1 table-spoonful sugar. Carmine.

Method.—Put jam, sugar, and water in a pan; boil from 10 to 15 minutes. Rub through a hair sieve. Add a few drops of carmine if necessary, to improve colour.

Wine Sauce

1 oz. butter.
1 oz. flour.
Half glass sherry

1 oz. sugar.
 $\frac{1}{2}$ pint milk.

Method.—Melt butter in a pan, mix in flour, add milk slowly ; stir till it boils. Add sugar, then add wine slowly. Serve in a sauce-tureen.

White Sauce

1 oz. butter.
1 oz. sugar.

1 oz. flour.
 $\frac{1}{2}$ pint milk.

Method.—Melt butter in a pan, mix in flour, add milk slowly ; stir with a wooden spoon till it boils. Add sugar. Cook a few minutes. Serve in a sauce-tureen.

Apple Sauce

1 lb. apples.
A little water.

1 oz. butter.
2 table-spoonfuls sugar.

Method.—Peel, core, and slice apples ; put in a pan with water. Cook till soft. Rub through a wire sieve ; add butter and sugar. Reheat and serve.

Vanilla Sauce

1 oz. sugar.
 $\frac{1}{2}$ pint milk.
 $\frac{1}{2}$ tea-spoonful vanilla.

2 eggs, yolks and whites separated.

Method.—Beat up yolks with sugar ; warm the milk, pour over yolks and sugar ; stir over fire till thick. Add vanilla, strain into a bowl, add whites (stiffly whipped), and mix well. Serve hot or cold.

SWEETS

Meringues

4 whites of eggs.
 $\frac{1}{2}$ lb. castor sugar.

Vanilla essence.

Method.—Whip the whites of eggs to a very stiff froth, sieve the sugar and gently stir to the whites. Add vanilla. Put this mixture into a forcing bag with a plain pipe. Squeeze out on to a lightly oiled paper. Set in a cool oven to dry for 2 hours. Remove from paper; carefully scoop out the centre from the flat side, fill with whipped cream sweetened and flavoured, place two meringues with the flat sides together. Arrange in a glass dish, and decorate tastefully with whipped cream and chopped pistachios.

Little Alexandra Baskets

2 eggs.
2 oz. flour.
Apricot jam.
Whipped cream.

3 oz. sugar.
 $\frac{1}{4}$ tea-spoonful baking-powder.
Pistachio nuts.
Narrow strips of angelica.

Method.—Whisk sugar and eggs in a bowl till thick and creamy, sieve flour and baking-powder, stir carefully to sugar. Three parts fill some well-buttered dariole moulds with the mixture. Bake in a quick oven from 10 to 15 minutes. Cool. Cut out from the middle of each cake about $1\frac{1}{2}$ inch. Glaze the outside with some apricot pureè (made by boiling jam with a little water over the fire and passed through a sieve), then cover them entirely with finely chopped pistachio nuts. Put one tea-spoonful of apricot jam in each. Decorate with stiffly whipped cream, flavoured with vanilla and sugar. Place a strip of angelica over the top to represent a handle. Arrange carefully on a fancy dish.

Oranges in Syrup

$\frac{1}{2}$ lb. lump sugar.
 $\frac{1}{4}$ pint water.
 3 or 4 oranges.

Juice of 1 lemon.
 Some desiccated cocoanut.

Method.—Wipe the oranges with a clean cloth, then rub off the outside rind with the lumps of sugar. Put sugar in a pan with strained lemon-juice and water, boil till thick, removing scum as it rises. Peel and quarter the oranges, arrange them high in the centre of a glass dish. Strain the syrup; pour slowly over the oranges; continue this until the oranges are thoroughly soaked. Before serving, scatter desiccated cocoanut over the whole.

Trifle

3 or 4 stale sponge cakes.
 2 eggs.
 1 glass sherry.
 1 table-spoonful sugar.
 Vanilla essence.

A few pistachio nuts.
 1 oz. ratafias.
 $\frac{1}{2}$ pint milk.
 A little jam.
 $\frac{1}{2}$ pint cream

Method.—Cut the sponge cakes in slices, spread with jam; arrange with the ratafias in a glass dish. Pour the sherry over slowly, so as to thoroughly soak the cake. Make a good custard of eggs, milk, sugar and vanilla. Cool a little, then pour over the cakes. Whip the cream to a stiff froth, add a little sugar and vanilla. Spread a little over the top, and decorate with rest of cream through a forcing bag and fancy pipe. Sprinkle with chopped pistachios.

CUSTARD FOR TRIFLE

2 eggs.
 Vanilla essence.

$\frac{1}{2}$ pint milk.
 1 table-spoonful sugar.

Method.—Put milk and sugar in a pan, place over fire to warm. Beat eggs, pour milk to eggs, and mix thoroughly. Stir in a pan over fire till thick; do not allow it to boil, or it will curdle. Remove from pan, stir till it cools a little, add vanilla, then use.

Meringued Pears

1 tin of pears.
1 pint milk.
2 eggs.

2 oz. rice.
2 oz. sugar.

Method.—Cook the rice in the milk till soft, then mix in yolks of eggs and sugar; put into a greased dish whilst hot. Drain the pears, reduce the syrup by boiling till thick, then coat the pears with this. Turn the rice on to a dish, press the pears on the rice. Beat the whites of eggs stiffly, sweeten, arrange over the pears and rice. Decorate with cherries, pistachios, etc. Put in the oven about 10 minutes to harden, and slightly brown the meringue.

Fruit Blancmange

1 lb. fresh fruit.
2 oz. cornflour.
A little colouring.

$\frac{1}{2}$ pint cold water.
Sugar to sweeten.
Juice of 1 lemon.

Method.—Stew the fruit till tender, then rub through a sieve. Measure, and add water and lemon-juice to make $1\frac{1}{2}$ pint. Put the liquid on to boil. Mix cornflour with a little cold water, pour the boiling fruit-juice over the cornflour, stirring all the time. Return to the pan and stir till the mixture is thick and cooked. Add colouring if liked, and sweeten to taste. Pour into a wet mould; set aside to cool. Turn on to a glass dish, and serve with custard poured round.

Apricot Sweet

1 deep, round sponge cake.
1 oz. sugar.
 $\frac{1}{2}$ tin of apricots.
Juice of 1 lemon.
 $\frac{1}{2}$ pint cream.

Vanilla.
Some desiccated cocoanut.
A few blanched and chopped almonds.
Chopped pistachio nuts.

Method.—Cut the inside of the cake to depth of 1 inch from bottom, take out the centre, leaving a good rim all round. Cook the apricots for a few minutes with a little of the syrup

and sugar ; pile them in centre of the cake. Boil the syrup till thick, add lemon-juice. Brush thickly over the rim and sides of cake with the syrup, sprinkle well with cocoanut. Decorate the top with cream stiffly whipped, flavoured and sweetened ; force through a bag with a rose pipe. Sprinkle with chopped pistachios.

Apricot Eggs

Some slices of sponge cake.
 $\frac{1}{2}$ pint cream.

$\frac{1}{2}$ tin of apricots.
 Vanilla.

Method.—Arrange the slices of cake on a dish, pour over them a little of the syrup, then spread with whipped cream. Cook apricots in a pan with a little syrup ; arrange them on the cream at intervals. Decorate with whipped cream, flavoured and sweetened, using a forcing bag and rose pipe.

Compote of Pears with Cream

Pears for stewing.
 1 inch of stick cinnamon.
 Rind of 1 lemon.
 $\frac{1}{4}$ pint cream.
 A few chopped pistachio nuts.

1 pint water.
 $\frac{1}{2}$ lb. lump sugar.
 Carmine.
 Vanilla.

Method.—Remove skin from pears, cut in halves or quarters. Boil sugar and water, take off scum, cool a little. Put in the pears with cinnamon and rind ; cook gently till soft. Arrange pears in a glass dish. Boil syrup till thick, strain, add few drops of carmine, pour over and round the pears. Decorate with stiffly whipped cream, flavoured and sweetened, using a forcing bag. Sprinkle with chopped pistachio nuts.

JELLIES AND CREAMS

Hints on making Jellies

SEE that the saucepan is perfectly clean.

The shells of the eggs must be washed, and slightly beaten with the whites of the eggs, before using.

The whites of the eggs help to clear the jelly, and with the shells form a scum which serves as a filter, through which the jelly is strained.

Put the ingredients required for the jelly in a pan, whisk over a quick fire till the jelly begins to boil, stop whisking, and boil well up; this hardens the whites and forms the scum. To continue stirring would prevent the scum rising, and the jelly would become clouded. Put lid on pan and let it stand for 10 minutes. Pour through a jelly-bag or coarse towel through which some boiling water has been poured. Put the first running of the jelly back into the bag, as it will probably be rather cloudy. When cool, pour the jelly into a mould to set.

Before turning out, dip the mould in hot water, wipe with a cloth, shake the mould slightly, and put out on a dish.

Lemon Jelly

1 quart water.

6 cz. loaf sugar.

A few drops saffron.

Rind and juice of 3 lemons.

1½ oz. gelatine (leaf).

Whites and shells of 2 eggs.

Method.—Wipe lemons, peel very thinly, put into a saucepan with water, lemon-juice, sugar, and gelatine. Stir over gentle heat till gelatine is dissolved; cool; then add whites and shells, whisk over a quick fire till it boils, stop whisking, boil up well. Cover pan, draw to one side, and let it stand

in a warm place 10 minutes. Pour into a jelly-bag or coarse towel through which boiling water has been poured, and when it begins to run clear pour the first lot of jelly back into the bag, changing the basin that was placed underneath.

Aspic Jelly

- | | |
|------------------------------|------------------------------------|
| 1 quart water. | 2 turnips. |
| 1 small onion. | Small piece celery. |
| $\frac{1}{2}$ carrot. | 1 tea-spoonful salt. |
| 2 or 3 cloves. | $\frac{1}{2}$ tea-spoonful pepper. |
| 1 bay-leaf. | Rind and juice of 1 lemon. |
| $\frac{1}{4}$ pint vinegar. | 2 table-spoonfuls tarragon vine- |
| Whites and shells of 2 eggs. | gar. |
| 2 oz. leaf gelatine. | |

Method.—Put water and vegetables in a pan, cook slowly for half an hour, strain, put back in pan with gelatine and lemon; stir till gelatine is dissolved; cool; add whites and shells (slightly beaten), tarragon, and vinegar, whisk over fire till it boils, stop whisking, boil up well, cover. Stand in warm place 10 minutes. Strain as for lemon jelly. Use when cold and set. This jelly is used for garnishing only.

Strawberry Cream

- | | |
|-------------------------------|----------------------------------|
| 1 tea-cupful strawberry jam. | $\frac{1}{2}$ oz. leaf gelatine. |
| 2 oz. sugar. | $\frac{1}{4}$ pint milk. |
| $\frac{1}{4}$ pint water. | $\frac{1}{2}$ pint cream. |
| Juice of $\frac{1}{2}$ lemon. | A few drops of carmine. |

Method.—Dissolve the gelatine in the water. Mix jam with milk, and rub through a hair sieve. Put gelatine and water in a pan, place over fire to get hot; add sugar and lemon-juice; add to jam, and mix well. Whip the cream till quite stiff, stir the fruit-juice, etc., to the cream; add a few drops of carmine. Pour into a wetted mould. When set, dip in warm water and turn out.

For Raspberry Cream, use raspberry jam instead of strawberry.

Coffee Cream

$\frac{1}{4}$ pint strong coffee.
2 oz. sugar.
 $\frac{1}{2}$ pint double cream.
 $\frac{1}{4}$ pint water.

$\frac{1}{4}$ pint milk.
 $\frac{1}{2}$ oz. leaf gelatine.
Yolks of 3 eggs.

Method.—Dissolve the gelatine in the water. Put coffee, milk, and sugar in a pan, bring nearly to boil, then pour over the yolks; put back into the pan, stir over the fire till thick, pour into a basin, and strain into it the gelatine. Whip the cream till stiff, and when the custard is nearly cold stir it carefully into the cream. Pour into a wetted mould.

Orange Cream

4 oranges.
2 oz. lump sugar.
1 lemon.

$\frac{1}{2}$ pint cream.
 $\frac{1}{2}$ pint boiling water.
 $\frac{1}{2}$ oz. gelatine (leaf).

Method.—Rub the lumps of sugar over the outside rind of 2 oranges. Dissolve the gelatine and sugar in the boiling water; then add to the strained juice of the oranges and lemon. Whip the cream until stiff, and carefully strain into it the other ingredients. Pour into a wet mould; when set, turn out on to a glass dish.

Velvet Cream

$\frac{1}{2}$ oz. gelatine.
 $\frac{1}{2}$ pint double cream.
 $\frac{1}{4}$ pint water.
 $\frac{1}{4}$ pint sherry.

4 oz. lump sugar.
Rind of 2 lemons.
Juice of 1 lemon.

Method.—Soak the gelatine in sherry and water for 5 minutes, put in a pan, and stir over the fire till dissolved. Rub the sugar over the rind of the lemons, and add to the sherry with the strained juice; stir till sugar is dissolved. When cold, but not set, strain gently to the cream. Pour into a mould.

Apple Snow

6 oz. apple pulp. 4 oz. castor sugar.
Grated rind and juice of 1 Whites of 3 eggs whipped to a
lemon. stiff froth.

Method.—Mix all ingredients well together, whisk until stiff and frothy. Arrange a sponge cake in a glass dish, cover it with custard. Keep the snow in a cool place. Pile on top of the custard just before serving.

Custard

1 pint milk. 4 yolks of eggs.
1 table-spoonful sugar. 2 whites of eggs.
Vanilla essence.

Method. — Beat yolks, whites of eggs, and sugar well together; then add the milk. Strain into a jar, place jar in a pan of boiling water, stir till the custard thickens. Add vanilla; cool; pour into a glass dish or into custard glasses.

Note.—A wooden spoon must be used for stirring. When the custard coats the back of the spoon it is done.

Note.—A plainer custard can be made by using 1 dessert-spoonful of cornflour and 2 eggs.

JAM MAKING

Hints on making Jam

1. FRUIT must be perfectly dry and fresh, also well picked and cleared from stalks.

2. Quantity of sugar required varies somewhat ; equal weights of sugar and fruit are more generally used. If too little sugar is used the jam does not keep well. This causes fermentation.

3. The preserving sugar should be of the best quality ; if inferior sugar is used, waste is caused by an extra quantity of scum rising.

4. The pan should be of brass, copper, or enamel. Iron pans discolour the jam.

5. Wooden or enamel spoons should be used for stirring.

6. During the boiling process the jam must be constantly stirred, and all scum removed as it rises ; when the scum ceases to rise it is a sign that the jam is sufficiently boiled. Put a little of the jam on a plate, and if it sets quickly it is done.

7. The jars into which the jam is poured must be clean and well dried.

8. After filling the jars, cover immediately (this prevents moulding) with a vegetable parchment, fastened firmly down. Keep in a cool, dry place. Damp will turn jam mouldy ; heat will cause it to ferment.

Jams may be made either by—

(a) Making a syrup of sugar and water, then boiling the fruit in it till done.

(b) By sprinkling the sugar over the fruit, and allowing it to stand 24 hours before boiling.

(c) By putting fruit and sugar in the pan together, with a very small quantity of water. As all stone fruits are apt to ferment, very little water should be used, only just sufficient to prevent burning.

(d) By boiling the fruit for 30 minutes before adding the sugar, then boiling quickly till done.

Plum Jam

6 lbs. plums.
1 quart water.

6 lbs. sugar.

Method.—Boil the sugar and water until the syrup is quite clear, removing the scum as it rises. Add the fruit, and boil about $\frac{3}{4}$ hour. Pour into jars, and cover when cold.

Note.—If large fruit is used (viz. magnums), they should be stoned, and the kernels added to the fruit.

Marmalade

5 Seville oranges.
2 sweet oranges.
1 lemon.

3 quarts water.
6 lbs. sugar.

Method.—Wipe the outside of the oranges and lemon. Cut into quarters, remove the pips, and soak in a little of the water. Put the juice and pulp in a bowl, slice the rinds very thinly, add to pulp and juice with rest of the water, and let it stand 48 hours. Strain the water from the pips, and add. Boil till the skins are tender (about $\frac{3}{4}$ hour). Add sugar, and boil quickly till clear (about 30 minutes).

ICINGS

ICING sugar only should be used for all icing mixtures. The sugar must be rubbed through a hair or very fine sieve, and be perfectly free from lumps, otherwise the icing will be coarse and gritty. Where white of egg is used, it may be beaten to a stiff froth or used plain.

Almond Icing

$\frac{1}{2}$ lb. ground almonds.
2 whole eggs.

$\frac{1}{2}$ lb. icing sugar.

Method.—Mix almonds and sugar well ; add beaten egg slowly, till a stiff paste is formed. Knead well till the paste is firm, adding more sugar if necessary. Press into a round, cover the cake, smooth top and sides with a knife. Stand in a warm place to dry before icing.

Water or Transparent Icing

$\frac{1}{2}$ lb. icing sugar.

Cold water or lemon-juice.

Method.—Sieve sugar into a bowl ; add water or lemon juice, slowly beating all the time, till it is just liquid enough to pour. This icing takes a very short time to set. It can also be heated in a pan, but should not be allowed to boil. This icing is used for small fancy cakes and buns.

Chocolate Icing

$\frac{1}{2}$ lb. icing sugar.
2 or 3 table-spoonfuls water.

4 oz. grated chocolate or cocoa.

Method.—Put water and chocolate in a pan, warm over the fire, then stir in sugar (sifted) ; warm, and use at once.

Two table-spoonfuls of strong coffee added to sugar, instead of water, will make coffee icing.

Royal Icing

Icing sugar.
White of egg.

A few drops of acetic acid.

Method.—Sift the sugar into a bowl; beat the whites slightly, add to the sugar, mix thoroughly; then beat with a wooden spoon till perfectly smooth and thick, adding more sugar or egg as required. Add a few drops of acetic acid (this helps to harden the icing). Keep a damp cloth over the icing when not in use, as it very quickly hardens.

Vienna Icing

$\frac{1}{2}$ lb. icing sugar.

$\frac{1}{4}$ lb. butter.

Method.—Cream the butter, beat in the sugar well till perfectly smooth. If chocolate is used, 2 oz. less sugar must be used, and the chocolate added with sugar.

One dessert-spoonful of coffee essence can be used, or 1 dessert-spoonful of brandy.

Syrup for Icing

$\frac{1}{2}$ lb. lump sugar.

$\frac{1}{2}$ pint water.

Method.—Put sugar and water in a pan; bring slowly to boil, remove the scum as it rises; boil quickly for 2 or 3 minutes. Strain through a hair sieve or piece of muslin.

SICK-ROOM COOKERY

Hints on preparing and serving Food

LET everything be perfectly fresh and clean.

Use very little seasoning of any kind, and let the food be carefully prepared.

Do not serve food in too large quantities; little at a time and often is better.

Bring in the food covered, and do not taste the food in the presence of the invalid.

Be punctual in serving the food; do not mention it, nor ask what the patient will have, and when.

Never allow food to stand uncovered in a sick-room.

Serve everything as daintily as possible. A nice clean tray-cloth and a few flowers add considerably to the pleasure and enjoyment of the meal. It also helps to cheer and brighten the patient.

Beef Tea

$\frac{1}{4}$ lb. lean beef.

$\frac{1}{4}$ pint cold water.

Method.—Choose lean, juicy beef, shred or scrape it across the grain. Put it into a cup or jar, add the water, and stir well. Cover with lightly greased paper, put into a pan of cold water, bring slowly to simmering point, and simmer gently for $\frac{1}{2}$ hour. Strain and season. Remove any grease from the top with a piece of soft paper.

NOTE.—In cases of fever no salt must be added.

Barley Water

1½ oz. barley.
Juice of ½ lemon.

1 pint water.
Sugar.

Method.—Wash the barley well, put in a pan with the cold water; boil 2 or 3 minutes, then strain. Put back the barley in pan with 1 pint of cold water, and boil about ½ hour. Strain, add lemon-juice, and sweeten to taste.

If wanted for babies, boil till thick, add a little milk and sugar.

Gruel

2 table-spoonfuls oatmeal.
1 pint boiling water.

Sugar.
Salt.

Method.—Mix meal in a bowl with a little cold water; pour over it the pint of boiling water, allow it to stand 30 minutes, stirring several times. Pour water from the bowl into a pan, allowing very little of the meal to escape. Boil 10 or 15 minutes. Strain, sweeten and flavour according to taste. A small piece of butter and a little milk is a great improvement.

Mutton Broth

1 lb. lean mutton.
2 table-spoonfuls boiled rice.

1 pint of cold water.
A little flour.

Method.—Chop 1 lb. lean, juicy mutton very finely, and pour over it 1 pint of cold water. Let it stand till the water is very red, then heat it very slowly and simmer gently for 10 minutes. Strain, season, and add 2 table-spoonfuls soft-boiled rice; thicken slightly with flour mixed with a little cold water.

Minced Chop

Mutton chop.
Pepper and salt.
1 oz. bread-crumbs.

2 table-spoonfuls water.
½ tea-spoonful ketchup.

Method.—Shred the chop, put it in a pan with bread-crumbs, water, pepper, salt, and ketchup. Simmer 10 minutes and serve on toast.

Egg Flip

1 fresh egg.

1 table-spoonful water, milk, or sherry.

Method.—Break the egg into the cup, add water, milk, or sherry, and beat well together till quite light and frothy. Strain into a glass and serve.

If liked, a little sugar may be beaten with the egg.

Invalid Custard

1 fresh egg.

$\frac{1}{4}$ pint milk.

1 tea-spoonful sugar.

Small piece of butter.

Method.—Beat egg with sugar, add milk, strain into a buttered cup, cover with an ungreased paper. Place in a saucepan of boiling water, not allowing water to come more than halfway up the cup. Put lid on the pan, set by the fire till custard feels firm in the centre. (The water in the pan must not boil again, or the custard will curdle.) Remove from pan, let it stand a few minutes to shrink, then turn out.

Raw-beef Sandwiches

2 oz. lean beef.

Some thin slices of bread and butter.

Method.—Shred or scrape the beef finely and rub through a wire sieve; spread the beef over slices of thin bread and butter. Sprinkle lightly with salt and pepper, put another slice of bread and butter on the top. Remove the crust and cut into small neat pieces.

Lemonade

1 lemon.

1 pint boiling water.

1 oz. sugar.

Method.—Wipe the lemon with a clean cloth, cut off the rind very thinly (do not use the white; this makes the lemonade bitter). Put in a jug with the strained juice and sugar. Add boiling water, stir well, cover, strain when cold.

Lemon Solid

$\frac{1}{2}$ oz. gelatine.
6 oz. lump sugar.

1 pint milk.
Rind of 2 lemons.

Method.—Soak the gelatine in $\frac{1}{2}$ pint of milk. Put the lemon-rind, sugar, and $\frac{1}{2}$ pint of milk in a saucepan. Stir steadily in one direction, and when just boiling pour it over the gelatine. Then add $\frac{1}{2}$ pint of cold milk and the juice of lemons, without stirring. Pour into a wet mould.

Egg Jelly

$\frac{1}{2}$ oz. isinglass.
 $\frac{1}{4}$ lb. lump sugar.
 $\frac{1}{2}$ pint sherry.
Juice of $\frac{1}{2}$ lemon.

$\frac{1}{4}$ pint water.
2 eggs.
Grated rind of 1 lemon.
1 table-spoonful brandy.

Method.—Soak isinglass in water, add rind and sugar. Bring slowly to boil, cool a little; add lemon-juice, sherry, and brandy. Pour over the yolks, mix well, strain into a bowl. Stir occasionally till nearly cold, then add whites beaten to a stiff froth, and whisk all together until stiff and jellied. Pile roughly on a glass dish.

Arrowroot Jelly

1 dessert-spoonful arrowroot.
A little grated nutmeg.

$\frac{1}{2}$ pint water.
Sugar.

Method.—Mix the arrowroot with a little cold water. Boil $\frac{1}{2}$ pint of water and pour it over the moistened arrowroot. Stir quickly over the fire for a few minutes, add sugar and nutmeg, pour into a wet mould. Serve when cold and firm.

Blancmange

$1\frac{1}{2}$ oz. cornflour.
Sugar.

1 pint milk.
Lemon-rind.

Method.—Mix cornflour to a smooth paste with a little cold milk; put remainder of milk and lemon-rind in a pan, boil, then strain over the moistened cornflour. Put back in the pan, add sugar, cook 5 or 10 minutes, pour into a wetted mould.

Stewed Prunes

$\frac{1}{2}$ lb. best prunes.

2 oz. sugar.

A small piece of stick cinnamon.

$\frac{1}{2}$ pint water (cold).

A few pieces lemon-rind.

Method.—Put all ingredients in a jar, add water, cover closely, and cook gently in the oven till the prunes are tender. Serve.

MISCELLANEOUS

Savoury Omelet

2 eggs.
1 oz. butter.
Salt and pepper.

1 tea-spoonful water.
1 tea-spoonful chopped parsley.

Method.—Beat eggs and water together, add parsley, salt, and pepper. Put butter in a pan, place over fire to get quite hot and frothy. Pour in eggs, cook for a few seconds till slightly set. Lift the edge carefully with a knife, and allow the liquid egg that remains to run underneath. When nearly set, fold over, and turn on to a hot dish.

Sweet Omelet (Soufflé)

2 eggs.
1 oz. butter.
Some warmed jam.

1 table-spoonful water.
1 tea-spoonful sugar.

Method.—Separate yolks and whites of eggs; mix yolks, water, and sugar well together, then stir in the whites, stiffly whipped. Get the butter in the pan quite hot and frothy, pour in the mixture. Stir lightly till it begins to set. Cook until the under side is lightly browned: Loosen well round the edges. Brown the top slightly before the fire, or put the pan into a hot oven for half a minute. Slip a knife underneath and fold over. Spread the warmed jam between the folds. Serve at once on a hot dish.

NOTE.—Pans used for making omelets should not be washed. Rub well with paper, then with a clean cloth.

Mincemeat

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|----------------------------------|----------------------------|
| 1 lb. beef suet. | 1 lb. valencias. |
| 1 lb. sugar. | 1 lb. mixed candied peel. |
| 1 lb. apples. | Grated rind and juice of 2 |
| 1 lb. almonds. | lemons. |
| $\frac{1}{4}$ oz. ground ginger. | 1 tea-spoonful salt. |
| $\frac{1}{4}$ oz. cinnamon. | 1 glass sherry. |
| 1 nutmeg (grated). | 1 glass brandy. |
| 1 lb. currants. | |

Method.—Shred and chop suet, clean currants, stone and chop valencias, peel and chop apples and candied peel, blanch and chop almonds. Mix all ingredients thoroughly together, lastly add sherry and brandy. Put in jars, tie down tightly, keep in a cool place.

Lemon Cheese

- | | |
|------------------|----------------------------|
| 3 oz. butter. | 6 oz. sugar. |
| Yolks of 3 eggs. | Grated rind and juice of 2 |
| White of 1 egg. | lemons. |

Method.—Put sugar, butter, rind, and strained juice of lemons in a jar ; add yolks and white of egg, well beaten. Place jar in a pan of boiling water, and boil till mixture is thick, stirring occasionally. When cool, cover, and keep in a cool, dry place.

Toffee

- | | |
|--------------------------|---------------------------|
| $\frac{1}{2}$ lb. sugar. | $\frac{1}{4}$ lb. butter. |
| $\frac{1}{2}$ lb. syrup. | 1 table-spoonful vinegar. |

Method.—Put butter in a pan, place over the fire till hot. Add syrup ; boil, then add sugar ; stir lightly till boiling. Boil quickly 8 minutes ; add vinegar carefully ; pour into a well-buttered tin.

Lemon-juice, vanilla, or almond essence may be used instead of vinegar.

To Clarify Fat

Cut fat, either cooked or uncooked, into very small pieces ; put into an iron pan, cover with water, boil until all the water has evaporated and the pieces of fat have become crisp and brown. Allow it to cool for a short time. Strain, and it is ready for use.

This fat is used for frying purposes.

To Blanch Pistachio Nuts

Put into a pan, cover with cold water, bring to boil, drain, then rub well in a dry cloth.

To Blanch Almonds

Put into a pan, cover with water, boil, drain, then rub in a cloth. Put in cold water till required. This keeps them white.

To Boil Rice for Curries

Use Patna rice for curries. Wash well in cold water, drain, then throw into plenty of salted boiling water (1 teaspoonful salt to each quart of water). Boil fast 12 to 15 minutes, till the grains will crush between the fingers. Pour on to a wire sieve, dry well before the fire, separating the grains of rice with forks.

THE END

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